

1836

Ho. Burgman

A COMPANION

TO THE

MEDICINE CHEST;

OR,

PLAIN DIRECTIONS

FOR THE EMPLOYMENT OF THE VARIOUS MEDICINES, ETC. CONTAINED IN IT,
WITH THE PROPERTIES AND DOSES OF SUCH AS ARE
MORE GENERALLY USED IN

Domestic Medicine ;

TO WHICH ARE ADDED,

A BRIEF DESCRIPTION OF THE SYMPTOMS AND TREATMENT
OF DISEASES ;

DIRECTIONS FOR RESTORING SUSPENDED ANIMATION,
AND FOR COUNTERACTING THE EFFECTS OF POISONS ;

A SELECTION OF PRESCRIPTIONS
OF ESTABLISHED EFFICACY ; AND VARIOUS MECHANICAL AUXILIARIES
TO MEDICINE.

The whole intended as a source of easy reference for Clergymen, Master
Mariners, and Passengers ; and for Families residing at
a distance from professional assistance.

By JOHN SAVORY,

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PREFACE.

So many Works have lately appeared on the subject of Domestic Medicine, that some apology appears necessary for adding to the number. The books hitherto entitled *Directories*, or *Companions* to the Medicine Chest, for the most part, consist merely of a simple catalogue of drugs, with vague directions for their administration in specified disorders. The object of this work is to remedy this inconvenience, and to enable unprofessional persons to obtain, at one glance, information regarding the effects and uses of the substances employed in medicine, and the mode of combining them for administration in the various diseases in which they have, by long experience, been found useful; as well as to distinguish such diseases as are dangerous in their nature, and rapid in their progress, in

order that proper assistance may be had without allowing that delay to take place which is so frequently the cause of many fatal results. This little work, divested as much as possible of technical and scientific phraseology, is therefore intended for the use of travellers, and those humane characters who, residing at a distance from a duly qualified medical practitioner, devote a portion of their time to the relief and mitigation of the complicated misfortunes of disease and poverty among their poor neighbours. It is, however, earnestly recommended not to place too much confidence on books of Domestic Medicine, especially in such cases as are of a serious nature, but always to have recourse to the advice of an able physician as early as it can be obtained.

136 *New Bond Street.*

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INTRODUCTION.

TABLE OF WEIGHTS AND MEASURES.

APOTHECARIES' weights, by which all medicinal preparations ought to be weighed, are divided into pounds, ounces, drachms, scruples, and grains.

| | | | |
|---|-----------|--------------|----------------|
| ℔ | The pound | } contains { | twelve ounces |
| ℥ | ounce | | eight drachms |
| ʒ | drachm | | three scruples |
| ʒ | scruple | | twenty grains |

Apothecaries' measure, by which all medicines are compounded, consists of pints, ounces, drachms, and minims.

| | | | |
|---|----------|--------------|--------------------------|
| ℥ | The pint | } contains { | sixteen ounces. |
| ℥ | ounce | | eight drachms. |
| ʒ | drachm | | sixty drops, or minims.* |

As many persons may be unacquainted with the characters

* When the London College of Physicians directed the dropping of fluids from bottles to be discontinued, on account of the uncertainty of the dose prescribed (much depending on the size of the bottle, and the quality and quantity of the fluid contained in it), and the minim to be substituted for the drop, they ought to have cautioned the dispensers of medicines against considering these terms synonymous, for there is a considerable difference between them, the former exceeding the latter by at least half as much again; thus ten minims of any fluid, if measured by the graduated minim measure, will amount to about fifteen drops. This, of course, would be of the greatest consequence in all active medicines; such, for instance, as laudanum, solutions of morphine, &c.

marked on the weights, graduated measures, and physicians' prescriptions, the following explanation may be useful:—

| | |
|-----------------------------|-----------------|
| Drop | g ^{tt} |
| Minim | ℥ |
| Grain | gr |
| $\frac{1}{2}$ Scruple | ℥ss |
| Scruple | ℥j |
| $\frac{1}{2}$ Drachm | ℥ss |
| Drachm | ℥j |
| $\frac{1}{2}$ Ounce | ℥ss |
| Ounce | ℥j |

a.a, or ana, of each.

Coch. (cochleare), a spoonful.

Coch. magn., a table-spoonful.

Coch. parv., a tea-spoonful.

N.B. A modern table-spoon contains about five drachms ; a tea-spoon, one drachm ; a dessert-spoon, three drachms ; and a wine-glass, two ounces. In consequence of spoons varying so much in size, they should not be used as measures for the exhibition of potent medicines.

The following articles are necessary to the proper dispensing of medicines requiring accurate preparation, measuring, weighing, &c. :—

A spatula, for spreading salves, making pills, &c.

A small glass slab.

A glass funnel.

A lancet.

A pestle and mortar.

A set of scales and weights.

Read's enema apparatus.

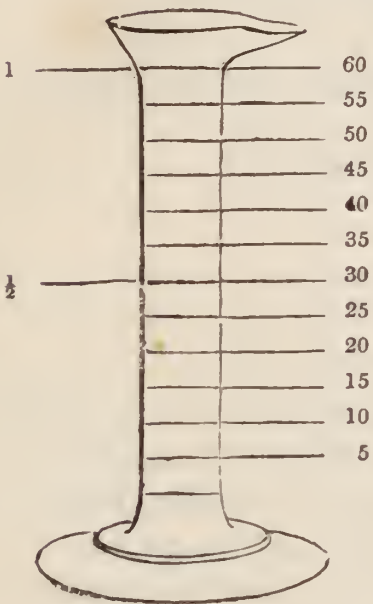
A two-ounce graduated measure.

Minim measure.

A graduated wine-glass for measuring tea and table-spoonsful of liquids.

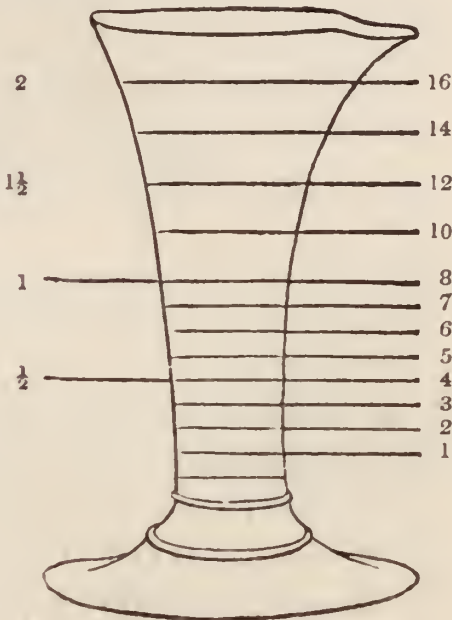
MINIM MEASURE.

f 3 drachm. minims.



TWO-OUNCE MEASURE.

3 ounce. 3 drachm.



DOSES OF MEDICINE

ACCORDING TO THE AGE OF, AND CIRCUMSTANCES

PECULIAR TO THE PATIENT.

For an adult, suppose the dose to be one, or one drachm ; under one year, will require only 1-12th, or five grains.

| | | | |
|---------|---------|-----------------|-----------------------|
| 2 years | | 1-8th, | or eight grains. |
| 3 | — | 1-6th, | or ten grains. |
| 4 | — | 1-4th, | or fifteen grains. |
| 7 | — | 1-3rd, | or one scruple. |
| 14 | — | $\frac{1}{2}$, | or half a drachm. |
| 17 | — | 2-3rds, | or two scruples. |
| 20 | — | 3-4ths, | or forty-five grains. |

Above 21, the full dose, one drachm.

Every general rule, however, respecting the doses of medicines will have exceptions. Thus, children will bear larger doses of calomel than even adults ; and many medicines which do not affect adults, although exhibited in considerable quantities, prove injurious, even in small doses, to children. This is particularly the case in regard to opium, and other narcotics. Many and very different circumstances tend to modify the operation of medicines. Some of these are connected with the original conformation of the body, others with the age and the sex of the individual, some with the locality and circumstances in which he is placed, as influencing his system by climate, temperature, diet, and regimen ; others, again, with the state of society, its customs, superstitions, and even political relations ; and, lastly, some with the condition

of the mind, displayed in the moral and intellectual endowments. Therefore, in prescribing a medicine, the following circumstances should be kept in view: the age, sex, temperament, strength of the patient, habit of body, diet, profession, climate, duration of the disease, state of the stomach, idiosyncrasy, and habits of life.

Sex.—Women generally require smaller doses than men, and the state of the uterine functions should never be overlooked.

Temperament.—Stimulants and purgatives more readily affect the sanguine than the phlegmatic; consequently the former require smaller doses. Thus, in the sanguine temperament, as the nervous system is highly susceptible of every impression, and the body predisposed to inflammatory action, stimulating medicines must be prescribed with caution; while, on the contrary, in the melancholic, the same class of remedies frequently require to be freely administered, and at a much earlier period in the disease than is admissible in the opposite temperament.

Habits.—The frequent repetition, or the protracted use of a medicine, generally diminishes its power, although certain cathartics appear to offer an exception; for, when long continued, their activity is proportionally increased, as is well known to every person who is familiar with the operation of the Cheltenham waters. Emetics, also, frequently become more powerful by repetition; but those persons who habituate themselves to stimulants and narcotics require larger doses to affect them when labouring under disease.

Climate.—The influence of climate, in modifying the action of medicines, operates in two ways; first, by the change which climate causes in the animal frame; secondly, by the changes which it occasions in medicinal agents of a vegetable origin.

State of the Stomach and Idiosyncrasy.—Constitutional peculiarities, or idiosyncrasies, will sometimes render the operation of the mildest medicine poisonous. Idiosyncrasy cannot, like temperament, be recognised by exterior signs, but can be known to the physician only by an intimate acquaintance with the constitutions of those in whom it occurs.

It ought to be discovered by the physician, otherwise the most important, and even dangerous results, may follow the use of medicines which, although in general they operate in a manner well known, yet, in peculiar idiosyncrasies, produce effects the most opposite to those which might be anticipated.

“In prescribing, the practitioner should always so regulate the intervals between the doses, that the next dose may be taken before the effect produced by the first is altogether effaced; for, by not attending to this circumstance, the cure is always commencing, but never proceeding. It should, however, also be kept in mind, that medicines such as the mercurial salts, arsenic, digitalis, &c., are apt to accumulate in the system, and danger may thence arise if the doses too rapidly succeed each other. The action, also, of some remedies, elaterium and iodine, for example, continues long after the remedy is left off; and, therefore, much caution is requisite in avoiding too powerful an effect, by a repetition of them even in diminished doses.”—A. T. THOMPSON.

DRUGS, CHEMICALS, &c.

ACID, ACETIC, CONCENTRATED.—This acid, applied by means of blotting paper, or fine cambric, speedily produces vesication, and is sometimes used as a substitute for a blister in cases of sudden inflammation, such as croup, &c., which do not admit of delay. It is also applied with a camel's-hair pencil to destroy warts and corns; but great care should be taken in its application, that it does not extend beyond the excrescence. It is likewise, from its pungent odour, a useful stimulant held to the nostrils in faintness, and it has been supposed to have some influence in preventing infection.

ACID, ACETIC, DILUTE.—*Vide Vinegar.*

ACID, CITRIC.—*Crystallised Lemon Juice.*—The solution of this acid in water, in the proportion of nine drachms and a half of the crystals, half a drachm of tincture of lemon peel, and one pint of water, will answer nearly all the purposes of recent lemon juice, and is even preferable for forming the common effervescing draught with carbonate of potash. One scruple of this acid triturated with a little sugar and a few drops of tincture of lemon peel, and dissolved in a pint of water, forms a grateful refrigerant beverage, resembling lemonade, and is useful in febrile and inflammatory complaints, allaying heat and irritation, and reducing the pulse.

Fifteen grains of the lemon acid in solution will saturate one scruple of carbonate of potash, and form an excellent substitute for soda water.

ACID, MURIATIC.—This acid has been given as a refrigerant and antiseptic in Scarlatina and fevers of the typhoid type, in doses of ten or fifteen drops every three or four hours.

It is also used, largely diluted, as a gargle for ulcerated throats in scarlet fever, in the following forms :—

Take of Infusion of Bark, four ounces ;
Muriatic Acid, from twenty to forty minims ;
Honey of Roses, one ounce.

Mix, and gargle the throat frequently during the day.

Take of Honey of Roses, ten drachms ;
Syrup of Red Poppies, two drachms ;
Muriatic Acid, ten minims.

Mix, and apply a little of it to the mouth and throat with a camel-hair pencil.

As a tonic, muriatic acid may be given in doses of from ten to twenty minims in two ounces of water, or any vegetable infusion. This acid is also employed for the destruction of warts, which may be touched with it night and morning; taking the same precaution in its use as is recommended under the head of acetic acid. It is also frequently used as a fumigation for purifying infected apartments, and linen which has been worn by persons affected by contagious diseases. According to Dr. Paris, this acid, when mixed with a strong infusion of quassia, is a most effectual remedy in preventing the generation of worms.

ACID NITRIC.—This acid is seldom employed except for pharmaceutical purposes; in its concentrated state, it is a very effectual caustic, and would probably be an efficacious application to the part bitten by a mad dog. Nitric acid vapour is also employed in fumigations for the destruction of contagious and infectious effluvia. It is likewise used to destroy warts in the same manner as the acetic and muriatic acids. In India, during the epidemic cholera, nitric acid was employed for the purpose of vesication; and being found exceedingly successful in that disease, by the quickness of its action (the effect being attained in two minutes), it was subsequently extended to a variety of other diseases, where prompt counter-irritation was required. The following is the manner in which it was used :—Two parts of the acid were mixed with one of water, and spread over the part with a feather; or

the surface was rubbed with the mixture till sharp pain was induced, and the acid was then neutralised by a solution of salt of tartar. The pain is said to be much less than that produced from a fly-blister.

ACID, NITRIC, DILUTED, is tonic, antiseptic, and anti-siphilitic. The dose of diluted nitric acid is from ten to thirty minims taken in three ounces of water, three or four times a-day. If this acid be further diluted, so as to equal the acidity of lemonade, and sweetened with sugar or capillaire, it will be found an excellent and agreeable beverage: it has been given repeatedly with decided advantage in typhoid, malignant, and petechial fevers. A lotion made with two drachms of this acid to a pint of water, has been found serviceable when applied to ulcers of an unhealthy and fœtid character. Diluted nitric acid has been given with benefit in dyspepsia, particularly when arising from sympathy with a diseased liver, or some other of the abdominal viscera; but to attain its full effect, it should be long and steadily continued.

ACID, NITRO-MURIATIC.—This acid, when properly diluted, exerts a tonic and stimulant influence. It is, however, chiefly used in the form of a foot bath in hepatic affections, and in deficient secretion of bile. It is given internally in doses of from ten to fifteen drops, well diluted with water, two or three times a-day.—*See the article on Medicated Baths.*

ACID, PRUSSIC.—As this medicine requires to be watched in its operation, it should never be had recourse to unless under the direction of a medical attendant. It has been administered by able physicians with success in nervous and convulsive coughs, in asthma, hooping-cough, spasmodic palpitations, consumption, and painful affections of the stomach.

ACID, PYROLIGNEOUS.—This acid is applicable to all the purposes for which vinegar is employed, and, by dilution with water, will form vinegar of any strength. One part of this acid and eleven parts of pure water, form the distilled vinegar used by chemists, surgeons, and apothecaries, and is suitable to all medical purposes. One part of this acid and six parts and a half of water, will form the strongest pickling vinegar (called No. 24); and is applicable to pickling and preserving meat, fish, game, and every other purpose for

which strong vinegar is required. One part of the acid and nine parts of water, are equal to the best pickling vinegar (called No. 22); and are proper for pickling most kinds of vegetables, for salads, table, or culinary and family uses. When undiluted, this acid is suited for exportation and fumigation, and is a powerful antiseptic application. In diluting the acid with water, it is only necessary to stir them well together. For medicinal purposes distilled water is preferable; for other uses, cold soft water is the best. This acid is not injured by weather or climate; it will preserve animal matter, cooked or raw, for weeks in the hottest weather; and by applying it to meat, fish, or game, it will completely remove must, taint, and incipient putrefaction. It is used in the same manner as brine for immersing raw or cooked meats, without the necessity of adding salt or spice. It is also frequently employed in place of common vinegar for inhaling, in recent sore throats, hoarseness, &c.; and the following is the usual way of applying it:—One part of the acid is put into a teapot, or an inhaler, and six parts of boiling water are poured upon it; the spout of the vessel should then be introduced into the mouth, and the acid vapour inhaled.

ACID, SULPHURIC.—*Oil of Vitriol*.—This acid is prescribed chiefly in the form of elixir of vitriol, which is the acid, in a state of dilution, with an aromatic added.—(See *Elixir Vitriol*.) Mixed with nitre, it is used for fumigating chambers. Externally, it is employed as a wash for ulcers; and mixed with lard in the proportion of half a drachm to an ounce, it has been used with advantage for the itch.

ACID, SULPHURIC, DILUTED.—This acid may be given in doses of from ten to thirty minims, and is a very useful tonic; it is also generally considered as astringent, and therefore preferred to the other acids where there is tendency to diarrhœa, or to hæmorrhage. In putrid sore throat, and quincy, it is sometimes applied in the following form, as a gargle:—

Take of Infusion of roses, five ounces and a half;
Syrup of roses, half an ounce;
Diluted sulphuric acid, twenty-five minims.

Mix. To prevent the acid from injuring the enamel of the

teeth, it should be sucked through an acid-tube, or quill, and the mouth carefully washed after each dose.

ACID, TARTARIC.—Used as a substitute for citric acid, in the formation of refrigerant drinks; and as it does not deliquesce by exposure to air, it is generally employed in the preparations of effervescing powders.

ALKANET ROOT—Is employed to colour hair-oils, and lip-salves; and tends also to preserve them. It is said to be used in the preparation of spurious port wine.

ALMONDS, JORDAN.—Jordan almonds, triturated into a paste with sugar and a little water or mucilage, furnish a pleasant emulsion, which is taken to allay cough. They are very pleasant to the taste, particularly in their recent state, and are much used as an article of diet in countries where they can be readily obtained; but unless well chewed, they are of difficult digestion, and are unwholesome when eaten in large quantities.

ALMOND PASTE.—A cosmetic; softens the skin, and prevents chaps.

ALOES, BARBADOES.—Used in veterinary practice.

ALOES, SOCOTRINE—Is a warm and somewhat stimulating cathartic, acting very slowly, and exerting its effects chiefly upon the large intestines. In small doses of two or three grains it usually acts as a gentle laxative; discharging, at a single operation, the fæcal contents of the lower bowels with little uneasiness. In females, it acts also upon the uterine system; not unfrequently producing pain in the loins, and either increasing the menstrual discharge if present, or restoring it if suppressed. Aloes has also the property of exciting the stomach, thereby increasing the appetite and invigorating digestion, when these are impaired in consequence of deficient tone of that organ. It is also frequently and most usefully prescribed to relieve habitual constipation, dependent upon torpor or deficient irritability of the bowels. With this view it is given in small doses of from one to five grains, repeated daily, or as often as circumstances may call for its use. It should, as a general rule, be taken at bed-time, as the slowness of its operation will

usually preclude any disturbance of rest during the night. In this way it often proves highly advantageous in chronic rheumatism, green sickness, and various nervous affections, relieving the inconveniences arising from the constipated state of the bowels, without producing either local or general debility. When taken in the quantity of one or two grains a short time before dinner, it promotes the appetite, renders the food less oppressive to the stomach, and obviates the flatulence so frequently a troublesome attendant upon dyspeptic complaints: in fact, aloes is the basis of almost all those combinations which have enjoyed so much popular credit under the name of *Dinner Pills*.

The emmenagogue virtues of aloes have been long and generally known. It is an ingredient in most of the numerous compounds employed in obstruction of the menses. The cases to which it is best adapted, are those in which deficient energy of the uterus is accompanied with constipation of the bowels, and more or less general debility. In such cases it may be combined with myrrh and the carbonate of iron. Advantage may sometimes result in obstruction of the menses, from full purgative doses of aloes about the period at which the menstrual efforts should occur; but it ought not to be given where the suppression depends upon inflammatory excitement of the uterus or a plethoric condition of the system, nor in such cases as are complicated with, or have a strong tendency to, hæmorrhoidal discharges. Aloes is also contraindicated in pregnancy during its advanced stages, or at any stage when there is a strong tendency to miscarriage.

ALUM, COMMON.—Alum is a powerful astringent. It is used both as an internal and external remedy for restraining violent hæmorrhages, in which cases it is given in doses of five grains to one scruple, repeated every hour or two till the bleeding abates. It is sometimes administered, dissolved in the serum of milk, in the form of whey, which is a useful beverage in fevers, and is prepared by boiling two drachms of powdered alum in a pint of milk, and then straining; the dose is a wine-glass full. A small piece of alum, briskly agitated with the white of an egg, forms a coagulum, which,

applied between two pieces of gauze or thin rag, proves very serviceable in some species of ophthalmia. Alum has also the property of clearing turbid water, wine, and spirituous liquors, for which purpose it is extensively employed. It is also used by skin-dressers and tallow-chandlers, to render the tallow more firm ; by paper-makers, to prevent the ink from sinking into paper intended for writing ; and by manufacturers of Prussian blue : but the principal consumption of it is in the various processes of dying.

ALUM, BURNT.—Astringent. Used in gargles and lotions. It is also frequently employed as an escharotic to destroy fungus in ulcers. In the painters' colic it has been given in doses of from one to two scruples in the course of twenty-four hours.

ALCOHOL.—As a pharmaceutical agent, alcohol is a powerful solvent of the resins and essential oils. More or less diluted, it is frequently employed as an external stimulant, and is occasionally added to lotions, with a view to the cold which it creates by evaporation.—*See Spirit of Wine.*

AMMONIA, MURIATE OF.—*See Sal Ammoniac.*

AMMONIA, CARBONATE OF — *Volatile Alkali* — Is stimulant, anti-spasmodic, diaphoretic, antacid. The dose is from five to ten grains dissolved in camphor-julep, or water. It is useful in fainting and hysterics, in the form of smelling salts ; combined with opium it affords a powerful resource in protracted diarrhœa attended with debility of the alimentary canal. A plaster, composed of one part of powdered carbonate of ammonia mixed with three of extract of belladonna, is very effectual in allaying rheumatic and spasmodic pains. Fifteen grains of carbonate of ammonia dissolved in two table spoonsful of water, and adding to the solution half an ounce of fresh lemon-juice, form a useful saline draught for allaying nausea.

AMMONIA, WATER OF.—*Liquor Ammoniæ.*—Water of ammonia is stimulant, antacid, rubefacient, and vesicatory. As a stimulant, it is occasionally employed in hysteria, fainting, and similar affections, for the purpose of rousing the vital powers. As an antacid, it is a useful remedy in heartburn, and for the relief of sick headach when dependent on acidity.

The dose is from five to twenty drops, largely diluted with water to prevent its caustic effect on the mouth. Externally, water of ammonia is used as a rubefacient, being the chief ingredient of several liniments. When water of ammonia is employed as a vesicatory, a piece of linen of the size of the blister desired, is wet with it and applied to the part intended to be vesicated. Writers, both in the East and West Indies, have recorded cases of the successful employment of this preparation of ammonia in the bites of the venomous serpents of those countries.

ANGUSTURA BARK—*Cusparia*—Is a valuable tonic, especially in cases of dyspepsia, with diarrhœa and loss of appetite. It may be given in powder in doses of ten grains, twice or thrice a-day; or in infusion, or decoction. In cases of flatulency of the stomach, attended by nausea, five grains, with the same weight of rhubarb, taken an hour before dinner, will often effectually restore the appetite and digestion.

ANISE-SEEDS.—These seeds are carminative, and are supposed to possess the power of promoting the secretion of milk. They are chiefly used in flatulencies, and the gripings of infants.

ANTIMONIAL POWDER.—*A Medicine resembling the celebrated Dr. James's Powder.*—This is an excellent diaphoretic and sudorific remedy in fevers, procuring with ease and safety the most salutary evacuations, and not unfrequently inducing a speedy and favourable termination of the complaint—but several circumstances are necessary to be attended to in regard to the administration of this medicine.

1.—Whenever it is indicated, the patient should be confined to bed, but not overloaded with bed-clothes. If the pulse be full, hard, and quick, and the skin hot, blood-letting, if not contra-indicated by some peculiar circumstance, should precede the use of this powder; and the bowels, also, should be freely opened.

2.—The free use of diluents is necessary during the administration of antimonial powder, unless the stomach be in a highly irritable state.

3.—During the administration of antimonial or diaphoretic medicines, it is essential to use bad conductors of heat

as coverings ; both the body-clothes and bed-clothes of the patient should be woollen, which, being of a light spongy texture, not only preserves an uniform temperature, but also absorbs the moisture as the perspiration flows. Attention to this circumstance is most necessary, if it be intended to keep up the sweating for ten or twelve hours.

4.— The morning, directly after sleep, is the best period of the day for administering diaphoretics, as the system is then easily excited, and the surface is more relaxed.

Antimonial powder is given in doses of from three to six grains, every five or six hours, in the form of pill, combined with opium or camphor, in fever and inflammatory disorders ; or repeated twice or thrice a-day, with demulcent drinks ; or mixed in jelly or honey ; and a saline sudorific draught, with four or five drops of laudanum, may at the same time be taken with advantage. In eruptive diseases, such as measles, small-pox, scarlet-fever, &c. it is a remedy of the highest value ; but it should always be recollected, that in all cases for which it is required the bowels must first be attended to ; for, until they are evacuated, little advantage can be expected to accrue from the action of the skin only.

AROMATIC CONFECTION.—Is given, diffused in draughts or mixtures, in the dose of from twenty grains to a drachm, and is a proper addition to æthereal and tonic remedies in low fevers, relaxation of the bowels, and other affections where warm stimulants are indicated.

ARROW ROOT.—A most wholesome, nutritious, and agreeable aliment ; superior to sago, tapioca, rice, or any other farinaceous substance. It makes a better food for infants than either bread, biscuits, or rusks.

Direction for making the Jelly.—Put into a basin a dessert spoonful of the powdered root, and mix it with as much cold water as will make it into a soft paste ; then pour on it half a pint of boiling water, stirring it briskly, and boil it a few minutes, when it will become a clear, smooth jelly ; to which add, two or three table spoonsful of sherry, or other white wine, a little lemon-peel, and sugar.—Lemon, or Seville orange juice, may be added, if agreeable.—If it is intended for

very young children, milk may be substituted for water and wine. When required for invalids affected with relaxation of the bowels, such as occur to consumptive persons, a dessert spoonful of the tincture of rhatany root is an excellent substitute for wine. Arrow root is now extensively prepared in this country from the potatoe, and in the island of Portland from the roots of the *arum maculatum*, or wake robin: these kinds are very inferior to the genuine arrow-root, which also varies considerably in quality and price.

ASSAFŒTIDA.—This substance is used as a stimulant and anti-spasmodic in hysterical and nervous diseases, and spasmodic cough; as an expectorant in asthma; and as a carminative in flatulent colic. The usual dose is from five grains to half a drachm, combined, if necessary, with expectorants in cough, and with chalybeates and aloetics in hysterical complaints. The following formula will sometimes allay obstinate attacks of spasmodic cough, and has been found useful even in hooping-cough:—

Take of Assafœtida, half a drachm ;
Mindererus's Spirit, two ounces ;
Penny-royal Water, two ounces.

Mix, and take one or two table spoonsful for a dose.

For the relief of colic in the bowels, the following glyster may be administered:—

Assafœtida, two drachms ;
Thin Gruel, ten ounces.*

ASSES' MILK—*Artificial*.—There are several ways of preparing this; but two will suffice.

1.—Boil in three pints of water till half wasted, one ounce each of eryngo root, pearl barley, sago, and rice; strain, and put a table spoonful of the mixture into a coffee-cup of

* Assafœtida was used by the ancients as a condiment, under the names of Silphion and Laserpitium. In Persia, it is still esteemed as a condiment, and mixed with almost all their dishes. Gastronomers, as the French term those who delight in the pleasures of the palate, among the moderns, employ it for the same purpose; having the hot plates on which they eat beef steaks rubbed with it.

boiling milk, so as to render it of the consistence of cream. Sweeten it with sugar or honey to taste.

2.—Take two large spoonsful of good hartshorn shavings, two ounces of pearl barley, one ounce of eryngo root, the same quantity of china root, and preserved ginger; boil the whole in three quarts of water till reduced to three pints. Then boil a pint of new milk, mix it with the rest, and put into it half an ounce of balsam of tolu. Dose, half a pint morning and night. The milk of the ass and the camel, and in northern countries that of the goat, is principally employed for medicinal purposes. When infants are nursed on cow's or ass's milk, it is of the greatest importance to give it directly from the animal, as the atmosphere speedily makes a great change upon this delicate fluid. If this be not possible, it ought to be carefully covered and kept warm, by placing the vessel containing it over boiling water. This is generally done when asses' milk is given as a medicine, and is probably one great cause of the good effects arising from it. A pint of warm milk from the cow, with a little sugar or honey, and a table spoonful of good rum, has frequently been found in many cases successful in chronic debility, when the milk of asses or women had failed.

ASTRINGENT POWDER.—This powder will be found exceedingly useful in abating the irritation and giving retentive power to the intestines, when the evacuations from the bowels are frequent, have a frothy appearance, and are tinged with blood. The best mode of taking this medicine is the following:—

Take of the Astringent Powder, one scruple;
Aromatic Confection, one scruple;
Powdered Rhubarb, five grains;
Cinnamon Water, one ounce and a half.

Mix, and make a draught, which may be taken every four hours, if required. Four or five drops of laudanum may be added to each draught, if the evacuations are attended with pain.

BALSAM, CANADA.—Stimulant, laxative, and diaphoretic, in doses of one scruple to half a drachm, given thrice a day, for

gonorrhœa, leucorrhœa, and herpetic eruptions; but it is seldom prescribed. It is chiefly used for making varnishes.

BALSAM, CAPAIVA.—Stimulant, diuretic, and laxative. It seems to act more powerfully on the urinary passages than any of the other resinous fluids; hence its use in gleet, and in fluor albus. It has also been prescribed of late with peculiar advantage in these diseases, combined with the tinctures of cubebs and buchu leaves. It may be given in doses of from fifteen to forty drops twice or thrice a-day, either upon water or rubbed into an emulsion by the aid of yolk of egg, or gum arabic, as in the following form:—

Mucilage of Gum Arabic, one drachm and a half;
Balsam Capaiva, half a drachm.

To be well rubbed together in a mortar; then add, by degrees,

Peppermint or Cinnamon Water, one ounce;
Tincture of Capsicum, five drops.

BALSAM, PERUVIAN.—This balsam has been recommended in doses of half a drachm to a drachm as a stimulant in chronic rheumatism, and it appears to have been effectual in some obstinate cases. In chronic asthma and old dry coughs it is said to have proved a serviceable expectorant. Mixed with twice its weight of spermaceti ointment, and applied to indolent sores, it will sometimes improve and cleanse them. One ounce of white cerate, made with almond oil, and fifteen drops of Peruvian balsam, well mixed by trituration, form an excellent lip-salve. A mixture, composed of one drachm of the balsam and three drachms of ox-gall, is useful, when dropped into the ear every day, after syringing with solution of soap, in fœtid discharges from that organ.

BALSAM, FRIAR'S.—Internally, it is given in doses of half a drachm to two drachms, rubbed up with mucilage, yolk of egg, or water, as a stimulant, expectorant, and antispasmodic, in chronic catarrh, and asthma. Externally, it was long celebrated as a styptic for the speedy cure of fresh wounds, cuts, &c.; but nothing could be more improper, as it is stimulant and irritating.

BALSAM, TOLU.—The only use now made of this balsam is to impart a pleasant flavour to syrup and lozenges. It has sometimes been prescribed in dry chronic coughs, unattended by inflammatory action, in doses of from five to twenty grains.

BARK, PERUVIAN.—The highly valuable and restorative qualities of bark; its specific effect in the cure of intermittent and low fevers, and of complaints arising from a general relaxation of the system, induced by intemperance or residence in warm climates; and its property of restoring and increasing the general health and strength, &c., are so generally known as to render unnecessary any further remark on its efficacy. It may, however, be well to observe, that bark in substance has of late fallen into considerable disuse, since the discovery of sulphate of quinine, a substance which contains all the active principles of the bark divested of extraneous matter, and the dose being consequently small, it is less likely to produce nausea or any derangement of stomach. In intermittent and other fevers the bark has frequently failed, from the inability of the patient to retain on the stomach a sufficient quantity in substance, or by its passing off too rapidly by the bowels. Previously to the use of bark in intermittent and low fevers, the stomach and intestines ought to be cleared by the exhibition of some mild emetic and purgative; after the operation of which, and in the absence or remission of fever, it may be given in doses of half a drachm, one, two, or even three drachms (if the stomach will bear so large a quantity), every three or four hours, leaving it off as soon as the fever recurs, and substituting for it the saline draught. When the stomach is too delicate to bear the bark in substance, it may be taken in the form of a decoction, which is to be prepared as follows:—

Take of Bark in gross powder, one ounce;
Pure Water, one pint.

Boil them together for fifteen minutes in a close vessel, then strain the decoction for use. The dose is three or four table-spoonsful three or four times a-day.

BARK, CANELLA.—This bark is stimulant, and slightly

tonic. It is a useful adjunct to bitters in some cases of dyspepsia; but it is employed chiefly on account of its flavour, and to correct the griping quality of resinous cathartics. The dose of the powdered bark is from ten grains to half a drachm. It is also one of the ingredients in the liqueur called usquebaugh, a compound used with advantage by persons of gouty habit, or those who are liable to spasm or cramp in the stomach. The following is a good form for making usquebaugh:—

Take of Best Brandy, one gallon ;
Raisins Stoned, one pound ;
Cinnamon, Cloves, Nutmegs, Canella Bark,
and Cardamoms, of each one ounce, bruised
well together in a mortar ;
Saffron, half an ounce ;
Rind of two Seville Oranges ;
And Brown Sugar Candy, one pound.

Shake these well every day for at least fourteen days, when the liquor will, at the expiration of that time, be ready to be filtered for use.

BARK, CASCARILLA.—Is carminative and tonic; and is an excellent adjunct to Peruvian bark, rendering it, by its aromatic qualities, more agreeable to the stomach, and increasing its powers. It is valuable in dyspepsia and flatulent colic, in dysentery and diarrhœa, and in the gangrenous thrush peculiar to children. It is given in the form of powders, in doses of from ten grains to half a drachm. The peculiar odour, which depends on the volatile oil it contains, is exhaled when the bark is burnt, on which account it is thus used in India to diffuse an agreeable smell resembling musk, in the houses of the natives.

BARK, OAK.—Oak bark is a valuable astringent, whether administered internally or applied externally, and may be used in all cases requiring astringents. The external application and topical use of the decoction is more frequent and beneficial than its internal administration. In the falling of the fundament, leucorrhœa, and uterine hæmorrhage, it may

be advantageously used as a lotion and injection ; and as a gargle, in relaxed sore throats.

BASILIC POWDER.—This is a very good medicine, as a common purgative, both for adults and children. The usual dose is from twenty to thirty grains mixed up with a little jelly. For children who are subject to worms, this powder is sometimes very beneficial, in doses of from five to ten grains, according to the age of the child, given every third morning, taking care that the child does not drink any cold fluid during its operation.

BAUME DE VIE, or *Compound Decoction of Aloes*.—This is a mild and commendable remedy where a warm and stomachic aperient is required, which is often the case in hysterical and hypochondriacal affections, and in certain spasmodic disorders, where the bowels have become torpid from the use of opiates. Its purgative quality may be increased by the addition of tincture or infusion of senna ; and the mixture is far from being so unpleasant to the palate as the nature of its components would lead us to expect. The dose is from half an ounce to an ounce and a half. It is often of singular service in dyspepsia, as it corrects acidity, and promotes the action of the stomach and bowels ; in such cases, half an ounce or six drachms may be taken early every other morning, mixed with an equal quantity of some aromatic water, or bitter and stomachic infusion.

BLACK DROP.—This medicine has long been known and esteemed in the north of England by the name of the Quaker's Black Drop.

It is well known that in many constitutions the effects of common opium or laudanum are extremely distressing, and that in all habits it produces some inconvenience, often creating restlessness and delirium instead of producing sleep, and its use being generally succeeded by headaches, sickness, and debility. Of these deleterious properties the "black drop" is, by a chemical process, wholly deprived, whilst it retains, in the fullest degree, all the desirable powers of opium.

This preparation is applicable to all the cases in which

opium or laudanum is employed; it is highly concentrated, one drop being nearly equal to four of common laudanum.

BOLE, ARMENIAN—Is astringent and desiccative, but generally used for dentifrices.

BORAX—Is considered a good detergent application in the thrush of children, and it certainly is effectual in cleansing aphthous excoriations. The honey of borax may be conveniently used in these cases, but it generally requires dilution with an equal portion of clarified honey. The following is a pleasant application to the throat and gums when under the influence of mercury:—

Take of Powdered Borax, two drachms;
Rose Water, seven ounces;
Clarified Honey,
Tincture of Myrrh, of each half an ounce.

Mix well together, and use the mixture frequently as a gargle during the day.

Borax, combined with tincture of myrrh, is much recommended by Mr. Cartwright as a common wash for the mouth, particularly where the gums are spongy.

BUCHU LEAVES.—Diuretic, combined with a tonic power which greatly enhances their value. They are administered in the forms of infusion and tincture. The former is made with half an ounce of the leaves and half a pint of boiling water, allowing them to stand three or four hours in a closely covered vessel; about a wine-glassful of this infusion is taken twice or thrice a-day. At the Cape of Good Hope, and even in this country, this medicine has lately been esteemed as a valuable remedy for rheumatism, *fluor albus*, gleet, affections of the bladder and kidneys; but, as the medicinal properties reside chiefly in the essential oil, a saturated tincture has been found more efficacious than the infusion.—*See Tincture of Buchu.*

BURGUNDY PITCH—Forms an excellent adhesive and gently stimulant plaster, exciting some degree of irritation, and often a slight serous exudation from the parts to which it is applied. It will remain adherent to the skin for a long time, and it is usefully applied to the chest in catarrhal affections,

and to the loins in rheumatism and lumbago. Upon some skins a Burgundy pitch plaster, or any similar application, creates incessant itching, and excites a pimply eruption, attended by almost unbearable irritation, so that it is frequently necessary to remove it. In these instances, however, it often does great service, especially in chronic rheumatism, where it may thus prove as effectual as a blister.

CALOMEL.—This mercurial preparation is more extensively and more usefully employed than almost any other article of the *Materia Medica*. But its principal use is as a purge, conjoined with other aperients; and for this purpose it is administered in doses of from three to six grains, combined with, or followed by, cathartic extract, rhubarb, senna, or other laxatives. The most customary form is five grains of calomel in a pill at night and a Seidlitz powder early in the morning, or the following draught:—

Take of Epsom Salts, three drachms ;

Infusion of Senna, fourteen drachms ;

Tincture of Senna and

Compound Spirit of Lavender, of each one
drachm.

Mix.

In affections of the liver, in various glandular diseases, and in some cutaneous eruptions, calomel is celebrated as an alterative; and, combined with diuretics, it singularly contributes to their activity. In these cases, the usual dose is from a quarter of a grain to two grains night and morning, modifying the dose, and that of the medicines combined with it, according to circumstances. In febrile affections of children, which are symptomatic of a disordered state of the stomach and intestines, purges of calomel and rhubarb almost always afford relief, and usually bring away a large quantity of offensive matter from the bowels. Where they produce this effect, they should be repeated at intervals of two or three days, till the motions assume a more healthy aspect. Calomel is scarcely ever given alone, with the view of obtaining its diaphoretic effect. When combined with tartar emetic,

James's powder, opium, or ipecacuanha, it certainly contributes to the sudorific powers of these substances; and in croup no remedy proves so decidedly useful as calomel, in these combinations, administered after bleeding and purging. It is necessary to observe, that all acids and acescent substances are to be avoided whenever this or any other preparation of mercury is employed.

CALAMINE POWDER—Is used only externally, either as a digestive, in the form of Turner's cerate, or in powder to sprinkle upon ulcerating surfaces; it keeps the sore clean by abstracting the secretion, very rarely irritates, and does not otherwise interfere with the healing process.

CAMPHOR—Is used by many practitioners in low fevers, and in nervous and spasmodic diseases, but with doubtful effect. In small doses, for instance, of from one to three grains, it acts as a sedative and diaphoretic. Persons who cannot procure rest, except from large doses of opium, will sometimes succeed by combining smaller doses with camphor. It is also a useful adjunct to bark, in typhus fever; to valerian, assafoetida, volatile alkali, and ethereals, in hysteric and nervous complaints, and to antimonials and other diaphoretics, in rheumatism and certain inflammatory disorders. In cases of febrile action, where the object is to allay irritation, promote perspiration, and induce sleep, the following mixture may be resorted to:—

Take of Camphor, twenty-five grains;

Rectified spirit, five drops.

Rub the camphor and the spirit well together in a mortar, then add,

Powdered Gum Arabic, four drachms;

Syrup of Lemons, half an ounce;

Peppermint Water, seven ounces.

Mix, and make an emulsion, of which three table-spoonsful may be taken for a dose.

Camphor is also employed externally in rheumatic and other painful affections of the muscles, joints, &c. Its solutions in oil and in spirit, and the compound camphor liniment of the Pharmacopœia, are good forms for these purposes.—

(*See these Preparations.*) The camphorated soap has lately been much used for scald-head, chapped hands, and chilblains. Monsieur Dupasquier states that camphor is employed with advantage as a fumigation. The patient is to be covered with a blanket, tied or pinned close round the neck; half an ounce or more of camphor is then thrown on an iron plate, placed over a small chafing-dish within the blanket: the effect is a more copious perspiration than would be produced by the heated air, owing to an absorption of camphor which takes place. If this be correct, it might prove an excellent addition to heated air in cases of malignant cholera. Camphor has lately been much recommended by Dr. Quin and other homœopathists, as a certain cure for cholera. The following is the form and mode of employing it:—

Two drachms of camphor are to be dissolved in one ounce and a half of highly rectified spirits of wine. Two drops of this spirit of camphor are to be given with a little sugar and water every five minutes till the symptoms begin to yield, or rather not to increase; if the vomiting should be so violent as to make it difficult for the stomach to retain the medicine, a small piece of ice, about the size of a nutmeg, should be given before and after the camphor. This remedy is only of use in the early stage of the disease, and during the absence of the physician.

CAMPBORATED SPIRITS.—This preparation is principally useful as an external application for chilblains, sprains, bruises, &c., and it is much recommended by dentists as an excellent wash for the teeth and gums.

CAMPBOR LINIMENT, COMPOUND.—This is also a very useful stimulant application to sprains, bruises, and rheumatic pains. It is likewise an excellent vehicle for introducing opium into the system, by means of friction. An embrocation, composed of one ounce and a half of this liniment and half an ounce of tincture of opium, warmed and rubbed over the surface of the abdomen, very quickly allays the pains of flatulent colic. The following compound liniment, recommended by Dr. Copland, has also been frequently used with decided benefit in the above complaint:—

Take of Compound Soap Liniment,
Compound Camphor Liniment, of each one
ounce and a half;
Rectified Oil of Turpentine, two ounces;
Castile Soap, two drachms;
Cajeputa Oil, one drachm;
Essence of Lemon, one drachm.

Mix, and make a liniment, to be rubbed assiduously, or applied warm, over the surface of the abdomen.

CAMPHOR JULEP.—This solution of camphor forms a convenient vehicle for more active stimulants, such as spirits of lavender, sal volatile, and ether, for lowness of spirits, hysterics, spasms of the stomach, &c. The dose is from one to two ounces.

CAMPHOR JULEP, CONCENTRATED.—Thirty drops, mixed with two ounces or a wine-glassful of soft water, forms camphor julep equal in every respect to the above preparation.

CAMPHORATED OIL.—This preparation is used as a rubefacient and external stimulant in inflammatory sore throat, and in rheumatic affections of the joints.

CALUMBO—Is a very good simple bitter, and perhaps more agreeable to delicate stomachs than most other medicines of this class; especially in the form of weak infusion, conjoined, if necessary, with aromatics, in dyspepsia, in diarrhœa, and in the after treatment of cholera morbus. It has also a considerable power in allaying the irritability of stomach accompanying pregnancy, and in stopping the severe diarrhœa and vomiting which sometimes attend dentition. The dose of the powdered root is from fifteen grains to half a drachm, repeated three or four times a-day.

CARRAGEN, OR IRISH MOSS.—This moss has long been highly esteemed by the peasants on the western coast of Ireland as a dietetic remedy for various diseases, more especially for consumption, dysentery, scrofula, and affections of the kidneys and bladder. Dissolved, by being boiled in water, it forms a thick mucilage, more pure and agreeable than that produced from any other vegetable; and the jelly made from

it is found to agree better with the stomach than any of those prepared from animal substances. A decoction of the moss, made by boiling half an ounce in a pint and a half of water or milk until reduced to a pint, is recommended as food for children affected with scrofulous and ricketty diseases, for such as are delicate and weakly, and for infants brought up by hand, or after weaning. As an article of diet for invalids generally, it is superior to isinglass, sago, and tapioca, being highly nutritious, bland, and easy of digestion.

Directions for using the Moss medicinally.—Steep a quarter of an ounce of the moss in cold water for a few minutes, then withdraw it (shaking the water out of each sprig), and boil it in a quart of new or unskimmed milk until it attains the consistence of warm jelly; strain, and sweeten it to the taste with white sugar or honey, or, if convenient, with candied eryngo root: should milk disagree with the stomach, the same proportion of water may be used instead. The decoction made with milk is recommended for breakfast for consumptive patients, and that with water will be found a most agreeable kind of nourishment, taken at intervals during the day, the flavour being varied with lemon-juice, or peel, Seville orange juice, cinnamon, bitter almonds, wine, or any other substance most congenial to the palate.

The decoction in water is also taken for the relief of coughs, at any time in the course of the day when they are most troublesome; and it is for this purpose simply sweetened with honey or sugar, or the syrup of poppies, syrup of squills, or the honey of roses, as the case may indicate. It must, however, be admitted, that experience of the virtues of this moss in cough does not justify the expectation that it will supersede the Iceland moss, the bitter principles of which render it so valuable as a tonic as well as a demulcent.

In dysentery, either the decoction in milk or water may be administered with equal advantage; and in addition to the sweetening matter, if a tea-spoonful of the tincture of rhatany be mixed with each cupful of it, tone will thereby be given to the intestines, at the same time that nourishment will be conveyed to the system, and irritation prevented. A large

tea-cupful of the decoction may be taken three or four times a-day.

CARAWAY SEEDS—Are the mildest and most useful of the simple carminatives. To persons of a weak digestion, troubled with flatulency and colics, they will often afford relief. Yet those of a hot and bilious temperament, or liable to habitual costiveness, ought not to use these seeds without professional advice. Caraway seeds, finely and fresh pounded, with a small proportion of ginger and salt, spread upon bread and butter, and eaten every day, especially early in the morning and at night before going to bed, are used in Germany as a domestic remedy for hysterics. They are also frequently added to purgative medicines to prevent griping. The seeds must not be kept in a pounded state, as they soon turn rancid; the distilled oil, spirit, or water, are, therefore, generally substituted for them. The dose in powder is from twenty to sixty grains.

CASSIA.—The medicinal properties of cassia are, in every respect, the same as those of cinnamon. It may be given in the same doses, and in the same combinations.

CASSIA PULP—Is a gentle cooling laxative adapted for children and very delicate women, but it should be always administered in combination with manna, or some other laxative, as it is apt to induce nausea; it is given in doses of from four drachms to one ounce.

CASTOR OIL—*Cold-drawn*.—This oil is a valuable aperient; for whilst, in doses of from half an ounce to an ounce, it thoroughly evacuates the bowels, it does so with little irritation; hence it is especially useful in inflammatory cases, or where there is spasm, or where all increased action of the system is particularly to be avoided. From its quick and mild operation, it is particularly adapted for children, and females during pregnancy. It is also the best purgative that can be employed in that affection of the bowels known by the names of *colica pictorum*, or painter's colic, the Devonshire colic, and the dry bellyache; and it is the more useful in that disease, as it may be joined with opium and other narcotics without having its purgative properties lessened. For the same reason castor oil is advan-

tageously given in calculous affections. It has also been regarded by some continental physicians as peculiarly well suited for expelling the tape-worm. It is likewise considered the best purgative, when properly administered, for combating habitual costiveness. For this purpose a large dose must first be given in the morning, and the use of the oil continued for some weeks, gradually diminishing the dose daily, until half a tea-spoonful only is taken; on the discontinuance of which, the bowels continue to be relieved without further assistance. One disadvantage attending the use of this oil is its tendency to excite vomiting, but this is counteracted by combining it with some aromatic. The best modes of exhibiting it in general have been much canvassed; it is given floating on water with a small quantity of brandy poured over it, and when this can be swallowed at once, there is no better mode; but as this cannot always be done, it may be given with success in coffee or mutton-broth, or suspended in water by the intervention of mucilage or yolk of egg, according to the taste of the patient. Upon the whole, castor oil is a purgative of great value, and one whose operation, as it is in daily use, should be well understood.

CAYENNE PEPPER—Is a valuable article as the basis of a stimulating gargle, in cases of incipient sore throat, or of chronic relaxation in the soft palate and fauces. It is, however, chiefly used as a condiment, to prevent flatulence from vegetable food, and give warmth to the stomach.

CHALK — *Prepared* — In doses of from ten to forty or fifty grains, combined with aromatic confection and cinnamon-water, is serviceable in relieving the relaxation of the bowels arising from acidity; but it is always best preceded by a purgative. Mixed with water, it is one of the best remedies for counteracting the poisonous effects of oxalic acid on the stomach.

CHALK MIXTURE, OR JULEP—Is made in the following manner: take three drachms of the cretaceous powder, four ounces of water; add the water to the powder gradually, till they are uniformly mixed. This is a very useful medicine for correcting acidity in the stomach, when attended

with looseness, and has been found serviceable in diarrhœa arising from acidity of the bowels.

One ounce and a half of the above mixture, half a drachm of aromatic confection, five grains of rhubarb, twenty drops of sal volatile, and one drachm of compound spirit of lavender, form a good cordial draught for all ordinary cases of relaxed bowels.

CHARCOAL — *Levigated* — Is evidently an antiseptic, and as such has been given internally to correct the putrid eructations of some kinds of dyspepsia. But in order that it may produce this effect, it should either be newly prepared, or such as has been preserved in very well-stopped bottles. The dose is from ten to sixty grains combined with rhubarb. Charcoal very finely levigated forms an excellent tooth-powder—it cleanses the mouth mechanically and chemically; but as alone it is dusty and not easily miscible with water, it may for this purpose be mixed with an equal weight of prepared chalk, and, if requisite, scented with a drop or two of some essential oil.

CHLORIDES OF LIME AND SODA.—*See Chlorine Fumigations.*

CRETACEOUS POWDER.—This preparation is used in making the chalk julep. It is mostly taken in doses of twenty grains, united with aromatic confection, in relaxation of the bowels. It is also administered in doses of ten to twenty grains combined with calomel, to prevent the latter from disturbing the bowels, when it is desirable to affect the system with mercury.—*Vide Chalk Julep.*

CHERETTAH, OR CHIRAYITA.—An herb which has been held from time immemorial by the natives of Bengal as a remedy for the varieties of indigestion, arising from inactivity or disorder of the liver, and morbid sensibility, or excitement of the stomach. The medicinal virtues of this herb are imparted to boiling water, and the infusion is a very grateful bitter; but the natives prefer the decoction, made by gently boiling half an ounce of the cut dried herb in a pint of water for about fifteen or twenty minutes. Of this decoction they take a small wine-glassful two or three times a-day. The extract, which

also contains the virtue of the herb in great perfection, is taken in form of pills. Dr. Fleming, late of Bengal, speaks highly of the chirayita as a powerful tonic. Dr. James Johnson, in his work on tropical diseases, also gives it a high character; and Mr. Addison, the author of a treatise on the Malvern water, says, “that from the very beneficial effects it had on himself, it is a valuable addition to this class of stomachic medicines.”

CHAMOMILE FLOWERS.—A strong tepid infusion of these flowers, administered in doses of from three to four ounces, operates as a powerful emetic; a weaker infusion is a useful diluent in promoting the operation of other emetics, when the stomach is weak and likely to be too much oppressed by the use of simple water. A small tea-cupful of cold chamomile tea, taken in the morning fasting, is often serviceable in dyspeptic affections, and intestinal debility. They are also used, either alone or in combination with poppy-heads, for fomentations in colic, but are little preferable to hot or warm water; excepting that the infused flowers, rolled up in a cloth or flannel, serve to retain the heat of the application.

CINNAMON.—The principal use of this article is as an accompaniment to other medicines, especially those which are bitter, nauseous, or flatulent upon the stomach; at the same time it is often given for its peculiar warmth and astringency in bowel complaints, and in this case the tincture is a good form. In common diarrhœa, for instance, three table-spoonsful, three or four times a-day, of the following mixture, rarely prove ineffectual:—

Take of Chalk Mixture, four ounces;

Tincture of Cinnamon, one ounce. Mix.

See Chalk Mixture.

CLOVES—Are among the best aromatics; and, added to bitter and other infusions, they render them more agreeable both to the palate and stomach. A drop or two of the oil of cloves corrects the griping tendency of cathartic pills, and sometimes appears to augment their efficacy. A five-grain pill

composed of equal weights of powdered cloves and jalap will generally evacuate the bowels.

COLOCYNTH (*or Bitter Apple*).—On account of its extreme bitterness it is usually given in the form of extract.—*See Compound Extract of Colocynth*. It is, however, sometimes used in powder, mixed with an equal proportion of camphor, for keeping moths from furs, woollen clothes, &c.

COLCHICUM (*or Meadow Saffron*)—Was used by the ancients under the name of *Hermodactyllus*, by which name it was sold in the druggists' shops in this country in the time of Turner the herbalist. The surprising effects of an empirical French remedy, the "*eau medicinale*," brought colchicum into notice, and few medicines are now so generally employed. It possesses diuretic, purgative, and narcotic properties; and has for many years formed the chief ingredient in the various patent medicines for the cure of gout and rheumatism. The "*eau medicinale*," and Dr. Wilson's celebrated tincture for the gout, have been satisfactorily shewn to be preparations of colchicum. The dose in powder is from two to eight grains, but it is a medicine which often produces most unpleasant symptoms, and requires great caution in its use. For further particulars respecting this article, *see the Tincture, the Wine, and the Vinegar of Colchicum*. The Swiss peasants tie the bulbs of colchicum round the necks of their children, as amulets, to preserve them from disease.

CONSERVE OF ROSES—Possesses a small degree of astringency, and is sometimes given in doses of from one drachm to one ounce dissolved in new milk, as a tonic in early convalescence from acute diseases: it is also used in the formation of pills, and as an occasional adjunct for other more active remedies; it is, for example, an excellent vehicle for exhibiting the sulphate of quinine.

CONSERVE OF HIPS.—Used in a similar manner, and for the same purposes, as the conserve of roses.

CONFECTION OF ALMONDS.—This preparation, in the proportion of a drachm to an ounce of distilled water, affords an expeditious mode of preparing the almond emulsion, which is so well known as an agreeable drink in inflammatory and

febrile affections, and as a vehicle for refrigerants in fevers, and for expectorants in affections of the lungs.

CONFECTION OF OPIUM.—Is a useful remedy in checking common diarrhœa, and some forms of chronic rheumatism. Ten grains to one drachm are given in such cases, combined with chalk mixture, camphor mixture, or any of the aromatic waters. Thirty-six grains of this confection contain about one grain of opium.

CORROSIVE SUBLIMATE.—This is one of the most acrid and active of all metallic preparations; and unless it be given in very minute doses, and in solution, it causes excruciating pain in swallowing, nausea, and vomiting; quickly destroying the vitality of the stomach, exciting inflammation of the lungs, the heart, and the salivatory glands, with oppression of the brain and nervous system. In very small doses, it is a valuable remedy in secondary venereal affections, and in many cutaneous diseases. It is also much used in veterinary practice for blisters, washes, &c.

COWAGE.—The down which covers the outer surface of the pods has been found very effective as a vermifuge, particularly in that species of worm resembling earth-worms. The dose is from five to ten grains or more, in the morning fasting, or when going to bed, mixed in treacle, honey, or syrup. The electuary ought to be prepared only when it is to be used.

CREAM OF TARTAR.—In doses of one drachm, repeated twice or thrice a-day, this preparation proves aperient, but is very apt to excite pain and flatulence in the bowels. Mixed with sulphur it is much used as a spring purgative, in cases of piles; and in combination with sugar and lemon-peel it forms the pleasant refrigerant drink generally called imperial, for which the following is the formula:—

Take of Cream of Tartar, half an ounce;
White Sugar, four ounces;
Fresh Lemon-peel, half an ounce;
Boiling Water, three pints.

Mix, and strain.

A cream of tartar whey may be made by adding to a pint

of milk (when it begins to boil) two drachms of cream of tartar; the pan must then be removed from the fire, the whole suffered to cool, and the whey separated from the curd by straining: this whey, diluted with warm water, furnishes an excellent drink in dropsy.

CROTON OIL—Is perhaps the most powerful purgative known; operating in a very short time after it is taken. It has been given with great advantage, in cases of obstinate and protracted constipation, or where a violent evacuator is required, as in some cases of apoplexy and injury of the brain, and in certain convulsive, hypochondriac, and maniacal affections. The small doses in which this oil produces its effects require the greatest caution to be observed in its administration; and it is seldom prescribed except in extreme cases. The dose is from one to five drops, made into pills with crumb of bread; or combined with mucilage of gum, sugar, and almond mixture, in the form of emulsion; or by triturating two parts of the oil with one part of soap-boiler's ley, till the combination acquires the consistence of soap, which is given in doses of from two to three grains in water or sugar. Cases of tic douloureux and spasmodic cholera are said to have been relieved, and even cured, by small doses of croton oil. Dr. Ainslie has also prescribed it with great advantage in frictions, in cases of chronic rheumatism, and tumours of the articulations. As a counter-irritant, croton oil has been lauded by several writers, and employed as such, in cases of croup, with the most marked benefit.

CUBEBS POWDER (*or Java Pepper*).—Cubebs are diuretic and slightly purgative. In gonorrhœa and gleet they have been long used by Oriental practitioners; and the Arabs employ them in seasoning food. They are administered most advantageously in the form of powder; but since the volatile oil has been obtained in a separate state, it is very frequently prescribed instead of the powder, and possesses the advantage of not losing its properties by keeping. The dose of the powder of cubebs sufficient to produce the usual effect of the medicine, is from one scruple to half a drachm, but it is sometimes requisite to augment the dose to one drachm three times a-day; and the best vehicle for taking the powder is milk. The dose of

the oil is from five to fifteen drops in mucilage of gum Arabic twice or thrice a-day.

CURRY POWDER—When well prepared, affords a condiment which often proves highly serviceable, not only to individuals debilitated by a residence in hot climates, but to those suffering from weakened digestive organs in any climate. It is, however, justly remarked, that seasonings and sauces ought not to be much indulged in by the young, nor by those of full health and strength, who require no spur to the appetite, nor help to digestion.

DANDELION.—A decoction of dandelion has long been celebrated on the Continent, as a diet-drink in liver complaints and other chronic visceral affections; it operates as a diuretic and diaphoretic, and is slightly aperient. In certain cases of dyspepsia, much benefit is said to result from the use of this medicine in large doses. Dr. W. Philip states, it is best adapted to those cases in which the bile is deficient or much disordered. Sometimes dandelion is employed as an alterative in obstinate cutaneous eruptions, but its medical efficacy in these is equivocal.

DOVER'S POWDER.—This preparation is a valuable diaphoretic and sedative, as opium can be given in this form when it would be hazardous in any other. The diaphoretic influence of the ipecacuanha is augmented by the opium, whilst the soporific quality of that narcotic is greatly diminished by the ipecacuanha. The combined influence of both, exciting the cutaneous capillaries, produces a powerful and certain sudorific effect. It is given in rheumatism, gout, diabetes, dropsy, diarrhœa, and in inflammatory and other fevers, in doses of from five to ten grains, in the form of pill or powder, when going to bed. Its sudorific effects should be maintained by copious dilution with tepid fluids, but the tepid drink should never be taken immediately after the administration of the dose of the powder, otherwise it may be rejected by vomiting. For some particular cases, as a convenient mode of giving a combination of opium and ipecacuanha in diseases of children, a liquid Dover's powder may be made in the following manner:—

Take of Ipecacuanha Wine, two drachms ;
Laudanum, two drachms ;
Powdered Nitre, a drachm and a half ;
Lemon-juice, or solution of Citric Acid, four
drachms ;
Camphor Julep, four ounces.

Two table-spoonsful of this mixture are equal to ten grains of the Dover's powder, and more certain to produce diaphoresis.

ELIXIR OF VITRIOL.—This is an excellent stomachic, tonic, and stimulant, in nervous and dyspeptic cases, combined with bark or quassia, and alone in doses of from ten to thirty drops diluted with water. It is sometimes used for gargles, in the proportion of a drachm to a drachm and a half in half a pint of water, barley water, &c. It is also given with advantage to check internal hæmorrhage, spitting of blood, and profuse perspiration arising from debility, hectic fever, &c.

EPSOM SALT.—This is the most generally used, and the best of the saline aperients. In doses of from half an ounce, it proves actively purgative, especially if taken in a sufficient quantity of liquid ; and in smaller doses, repeated two or three times a-day, it may be conveniently given with tonics to keep up a gentle action upon the bowels. The best way of giving the Epsom salts is in the infusion or confection of roses, acidulated with diluted sulphuric acid, in which form it allays the vomiting which often occurs in fevers, when other means fail. The effervescing Epsom salt, being charged with fixed air, and possessing all the qualities of the common Epsom salt, will be found much more pleasant, and equally efficient as an aperient medicine, besides being more adapted to the space afforded for this article in a medicine chest, the dose being only one half that of the salt in crystals.

ERGOT OF RYE—Grows on the ear of the rye, barley, and wheat, and, from its appearance, is known by the name of the spur. It is extensively used in difficult and tedious labours, but only under the direction of the accoucheur.

ESSENCE OF GINGER.—In those disorders which arise

from impaired digestion, in flatulent and spasmodic affections of the stomach, in hysterical and nervous complaints, in gouty habits, and in debility of the system, from whatever cause it may arise, the restorative powers of ginger are well known. This concentrated essence is also highly beneficial during a course of sea-bathing, or the use of natural or artificial mineral waters (such as Seidlitz, Cheltenham, &c.) The dose is one or two tea-spoonsful, in any convenient vehicle two or three times a-day.

ESSENCE OF GINGER AND CHAMOMILE.—This preparation is used for the same purposes as the above.

ESSENCES OF PEPPERMINT, PENNY-ROYAL, CINNAMON, AND DILLSEED.—Ten or fifteen drops of any of these essences mixed with a wine-glassful of water instantly form the waters bearing the above names.

ESSENCE OF SENNA.—This preparation contains all the properties of senna in a concentrated state: a drachm, or a tea-spoonful, mixed with three table-spoonsful of water, forms the infusion of senna of the pharmacopœia, or senna tea. The common aperient medicine (the black dose) used in most families, is instantly made by dissolving a tea-spoonful of Epsom salts in the above quantity of essence.

ESSENCE OF SARSAPARILLA, COMPOUND.—This concentrated preparation is carefully made with the red Jamaica sarsaparilla, and contains the other ingredients directed by the Royal College of Physicians for making the compound decoction. One table-spoonful, mixed with half a pint of spring water, is equal to half a pint of the decoction and is much more agreeable in taste and appearance. — *Vide Sarsaparilla.*

ETHER, RECTIFIED—Is an active stimulant and antispasmodic, somewhat analogous to alcohol in its leading effects, though more powerful and less permanent. It is sometimes prescribed in the low states of disease, and particularly in typhus fever. It is, however, employed with much greater advantage in preventing the paroxysm of intermittents, and as an antispasmodic in colic, spasms, convulsions, epilepsy, hysterics, asthma, and certain other spasmodic and nervous affections. Externally applied, it affords relief in headach,

toothach, gout, and rheumatism. It is also an excellent remedy in burns, and has lately been advised in strangulated hernia. It is usually given in doses of twenty drops to one drachm in water or camphor julep; but the best form for giving ether is the following:—

Take of Distilled Water, three ounces;

White Sugar, one ounce;

Mix, and make a solution; then add, Rectified Ether, one ounce.

The ether is here so suspended by the syrup that it does not fly off, and is easily swallowed: a tea-spoonful of this mixture may be given for a dose.

In case of violent spasm, the following mixture is a very effectual form:—

Take of Rectified Ether, half an ounce;

Camphor Julep, seven ounces;

Compound Spirit of Lavender,

Sal Volatile, of each two drachms.

Mix, and take two or three table-spoonsful every hour, drinking at intervals large quantities of warm water, and placing the stomach tin, filled with hot water and wrapped in flannel, upon the chest. A small tea-spoonful of ether, in a glass of white wine, is often a most effectual remedy in allaying the most distressing symptoms of sea-sickness, and in restoring the tone of the stomach after it. Ether, in a large dose, causes immediate headach, obscurity of sight, and evident intoxication, accompanied with a sensation of burning heat in the stomach, and tenderness of the epigastrium. These symptoms, however, are transitory, and the effects of the intoxication are much sooner dissipated than those produced by ardent spirits. Mons. Bourdier has employed ether as a vermifuge; he gives a drachm in a wine-glassful of cold decoction of the male fern: soon afterwards two drachms, in a sufficient quantity of the same decoction, are administered as an enema, so as to fill the intestines with the vapour of ether; and in another hour, two ounces of castor oil are swallowed by the patient. The worms are thus first

destroyed, and afterwards expelled. The vapour of ether is so inflammable that the utmost caution is requisite in approaching it with a lighted candle, and it should be kept in well-stoppered bottles.

ETHER, COMPOUND SPIRIT OF. — This is intended as a substitute for Hoffman's anodyne, the composition of which he did not reveal. It differs chiefly from rectified ether in containing less alcohol and some oil of wine. As a narcotic, calming irritation and lulling to sleep, it would seem, indeed, to be superior to ether itself, and will sometimes succeed, in these respects, when even opiates fail. Being weaker, it may be given more freely than ether.

ETHER, CHLORIC — Is given in the same doses as the preceding, and with the same effect.

EXTRACT OF COLOCYNTH, COMPOUND. — This is a very useful and judicious purgative extract, and is much used in constipation of the bowels, in combination with calomel, blue pill, or rhubarb, with a little oil of cloves or cinnamon, to prevent griping. Five grains each of blue pill and compound extract of colocynth, mixed and divided into two pills, and taken at bed-time, is an excellent purgative in bilious affections; and when torpidity of the liver exists, a Seidlitz powder should be taken the following morning to assist its operation. This extract is also much used, in doses of five grains, as a warm stomachic laxative, and is well suited for costiveness, so often attendant on people of a sedentary life, and, upon the whole, it is one of the most useful compounds in the pharmacopœia.

EXTRACT OF ALOES — Is employed for the same purposes as the aloes, and is said to be less stimulant and griping. Ten or fifteen grains, taken in the form of two or three pills, effectually empty the bowels.

EXTRACT OF CHAMOMILE — In doses of from five to ten grains, in the form of pill, twice or thrice a-day, is an agreeable stomachic bitter.

EXTRACT OF DANDELION. — Aperient and Diuretic. Dose thirty to sixty grains, five or six times a-day, dissolved in some aromatic water. For its virtues (*see Dandelion*).

EXTRACT OF GENTIAN. — Stomachic and tonic. Is an excel-

lent bitter, chiefly used in combination with sulphate of iron, &c. in the form of pill, in doses of from ten to twenty grains.

EXTRACT OF HEMLOCK—Is a powerful narcotic, and very often serviceable as a substitute for, or in conjunction with, opium. It has also been found of use in chronic rheumatism, and especially in whooping-cough. The following pills are very effectual in allaying common cough: three or four of them may be taken at bed-time to relieve the restlessness occasioned by rheumatic or local pains.

Take of Extract of Hemlock,
Dover's Powder, of each five grains.
Mix, and divide into two pills, to be taken at bed-time.

Dr. Paris states that a combination of hemlock with hyoscyamus, in the following mixture, affords a very effectual palliative for coughs and pulmonary irritation.

Take of Extract of Hemlock,
Extract of Henbane, of each five grains;
Mucilage of Gum Arabic, two drachms;
rub these well together, then add
Mindererus's Spirit,
Distilled Water, of each half-an-ounce;
Syrup of Red Poppies, one drachm.

Mix, and make a draught, to be taken every four hours.

In chronic rheumatism much benefit has been derived from the administration of hemlock; and in chronic sciatica it has produced more beneficial effects than any other medicine. Hemlock is also employed externally to allay the pain of irritable ulcers and cancerous sores. The dose of the extract is from one to six grains, and it may be gradually carried to half-a-drachm. Hemlock, upon the whole, is a medicine of considerable power, and merits more attention than has hitherto been paid to it by British practitioners.

EXTRACT OF HENBANE.—When given in sufficient doses, henbane operates as a decided narcotic, and, in its general effects, much resembles opium; but it does not constipate, or affect the head; on the contrary, its tendency is rather to relax the bowels. Extract of henbane is given in doses of five grains,

repeated three or four times a-day. In large doses it acts as a violent poison. In cases accompanied with cramps, spasms, or convulsions, it may be combined with ipecacuanha, or James's powder; or, if much languor be present, with serpentaria. Smoking the leaves, in the manner of tobacco, allays the pain of toothach, and the difficulty of breathing in asthma. In habitual costiveness it may be conjoined with cathartics, which it deprives partly of their irritating and griping quality without otherwise affecting their operation.

EXTRACT OF HOPS.—This is a bitter and anodyne extract, and a slight tonic. The dose is from five grains to one scruple, in the form of pills, or dissolved in any aqueous vehicle.

EXTRACT OF JALAP.—Is similar in its effects, but not preferable to the powder, in doses of ten grains to one scruple. It is apt to gripe, unless triturated with soap, or made into an emulsion with almonds, gum Arabic, or sugar.

EXTRACT OF LETTUCE.—The narcotic properties of lettuce were very early known. Galen, who in the decline of life suffered from wakefulness, found much comfort in eating a lettuce in the evening; and every one who has indulged in the same luxury must have experienced the soporific effects of this plant. It is given in doses of from five to ten grains, either alone or united with an equal quantity of squill pill, and is frequently serviceable in relieving the chronic cough of old and consumptive persons.

ELATERIUM—Is one of the most powerful cathartics in the *materia medica*. Its efficacy in dropsies is considerable; it, however, requires very great caution in its exhibition. From the eighth to the half of a grain may be given at first, and repeated at proper intervals until it operates.

EXTRACT OF LOGWOOD—Is considered a good astringent in the treatment of diarrhœa. It should be given in solution, in the following manner:—

Take of Extract of Logwood, one scruple;

Chalk Mixture, ten drachms;

Tincture of Cardamoms, one drachm.

Mix, and make a draught, to be taken two or three times a-day.

EXTRACT OF OPIUM.—The dose is from half a grain to five grains, in the form of pill. (*See Opium.*)

EXTRACT OF OX-GALL.—This very bitter extract is endowed with most decided tonic properties. It has been successfully used for increasing the activity of the digestive organs, and in all the cases in which the exhibition of tonic remedies is indicated. It is usually given in doses of from five to ten grains.

EXTRACT OF POPPIES.—This extract has the leading characters of opium, but in a mild degree, and it may often be given with advantage in cases where opium would be likely to disagree. The average dose for adults is from five to ten grains.

FARINACEOUS FOOD.—An article of diet prepared by Mr. Hards, of Dartford, and much used for infants, and persons with impaired digestion.

GALLS.—Not much used internally, though they are said to be beneficial in the cure of agues. Externally they are applied with advantage, in the form of lotion and ointment, to piles. A fomentation, made by macerating half an ounce of bruised galls in a quart of boiling water for an hour, has been found useful in prolapsus ani, the fluor albus, and the piles, applied cold. The camphorated ointment of galls has also been found very useful in this complaint, after the use of leeches; it is made by mixing half-a-drachm of camphor with one ounce of hog's-lard, and adding two drachms of galls in very fine powder. Galls are also used in the manufacture of ink. The following is a form for that purpose:—

Take of Aleppo Galls, bruised, one pound and a half;
Green Vitriol, twelve ounces;
Powdered Gum Arabic, eight ounces;
Rasped Logwood, eight ounces;
Soft Water, two and a half gallons.

Boil the galls and logwood in the water till it be reduced to two gallons, then add the remaining articles, and put the whole into a convenient vessel, stirring it several times during the day, for fourteen or fifteen days, at the end of which time it will be fit for use.

GARLIC—Is stimulant, diaphoretic, expectorant, diuretic, and anthelmintic, when exhibited internally; and rubefacient when externally applied. A clove of garlic, wrapped in cotton or gauze, or a few drops of the juice introduced into the ear, is extremely efficacious in nervous deafness. The dose of garlic in substance is from half a drachm to two drachms; or from one to six cloves, swallowed whole, twice or thrice a-day; and in pills, united with soap or calomel, from fifteen grains to one scruple. Of the juice half a drachm is given for a dose in any proper vehicle. The too liberal use of garlic is apt to occasion headach, flatulence, thirst, fever, inflammation, and discharges of blood from the hæmorrhoidal vessels: yet it may be considered a useful condiment for phlegmatic people, or those whose circulation is languid, and secretions interrupted; but with those subject to inflammatory complaints, or where great irritability prevails, this root in its acrid state may prove hurtful.

GENTIAN ROOT.—This root grows in great abundance in the Alps of Switzerland and Austria, the Apennines and the Pyrenees, on the mountains of Burgundy, and in North America. Fabulous history carries the discovery of the medicinal properties of gentian to high antiquity, assigning it to Gentius, King of Illyria, who lived 167 years before the Christian era, and after whom the plant is named. It formerly had a high character as a gout medicine, and formed a large portion of the celebrated Portland powder. It is particularly applicable in such diseases as require the combination of bitters and chalybeates, as scrofula, amenorrhœa, worms, and similar affections. In dyspepsia, attended by acidity, the following draught may be taken twice a-day; namely, at noon, and an hour before dinner.

Take of Carbonate of Magnesia, one scruple;

Compound Infusion of Gentian, eleven drachms;

Compound Tincture of Cardamoms, one drachm.

Mix.

Where dyspepsia is attended by nausea, and aversion to food, the following is found serviceable:—

Take of Compound Infusion of Roses,

Compound Infusion of Gentian, of each seven drachms;

Compound Tincture of Gentian, one drachm ;

Diluted Sulphuric Acid, twenty minims.

Mix, and make a draught, to be taken three times a-day. If the bowels are costive, a drachm of Epsom salts may be added.

GINGER, JAMAICA.—The ginger plant is a native of the mountains of Gingi, in Hindostan, whence its name is derived. It was carried from India to the West Indies, where the greater part of the ginger used in Europe is cultivated. In the form of powder ginger has lately been much extolled as a remedy for gout, indigestion, and flatulence, in the dose of twenty grains to a tea-spoonful in any common vehicle. A weak infusion of ginger, commonly called ginger tea, is an excellent beverage for persons of dyspeptic and gouty habits. Combined with rhubarb it forms a good stomachic pill, especially in those cases where flatulency comes on before meals and when the stomach is nearly empty.

GLAUBER'S SALT.—In the dose of six or eight drachms this salt is an efficient aperient, but its taste is nauseously saline ; and though frequently used as a domestic medicine, it has been superseded by Epsom salts.

GOULARD'S EXTRACT.—Used externally as a cooling and astringent application to inflamed surfaces and old ulcers ; and, if diluted in the proportion of ten drops to half a pint of pure water, with twenty drops of laudanum, it will be found serviceable as an eye-water in purulent ophthalmia.

GOULARD WATER — Is made by adding a small tea-spoonful of the extract of goulard, with one of rectified spirits of wine, to a pint of distilled water. This is one of the best immediate applications for burns and inflammations ; but it should not be used to excoriated parts, or to burns when the skin is broken.

GUM ARABIC.—Among the demulcent substances, gum Arabic is the one most frequently used in the practice of medicine. It is sometimes given alone to relieve tickling coughs,

by allowing it to dissolve slowly in the mouth. A solution of this gum, in the proportion of one ounce to a pint of barley-water, taken to the extent of a wine-glassful, furnishes an excellent beverage in cases of inflammation of the kidneys and bladder, and in the inflammatory stage of gonorrhœa. In pharmacy gum Arabic is also found useful, serving to suspend heavy powders in water, to diffuse oils, balsams, and resins, in the same vehicle, and to give tenacity to substances made into pills. From its light and supposed digestible nature it is considered a wholesome and nutritious food, thousands of the Moors supporting themselves entirely upon it during the time of harvest. Hasselquist mentions in his voyages that a large caravan of Abyssinians would have starved if they had not discovered a stock of gum Arabic amongst their merchandise, on which alone a thousand persons subsisted for two months. About six ounces of this gum is sufficient to support a man for a-day : it is mixed occasionally with milk, animal broths, and other victuals ; yet it is curious to remark that, according to the experiments of M. Majendie, dogs soon perish if fed only on gum. The animals quickly lose flesh—they become dull, and have no relish for food in the second and third week, and generally die about the thirty-second or thirty-third day of the experiment.

GUM AMMONIACUM.—This gum has been used as a medicine from the time of Hippocrates. It is expectorant and antispasmodic, and given in doses of from five to twenty grains, in pills. In the coughs to which aged persons are sometimes subject, unattended by inflammatory action, and characterised by the secretion of viscid mucus in the bronchiæ or windpipe, with difficult expectoration, ten grains of ammoniacum, three times a-day, have proved of service in allaying spasm, and facilitating the evacuation of the mucous matter. The ammoniacal mixture is also used in doses of from half an ounce to an ounce in cases of this kind ; and in females, where it is desired to increase the activity of the uterine system as well as to fulfil the other above-mentioned indications, a draught composed of six drachms of the ammoniacal mixture,

with the same quantity of penny-royal water, may not be improperly administered.

GUM BENJAMIN—Is considered expectorant, and was formerly used in asthma and other pulmonary affections; it has, however, fallen into disuse, and is now principally employed in perfumery and odoriferous fumigations.

GUM COPAL—Is a resinous gum procured from America and the East Indies, and used chiefly in making varnishes.

GUM GALBANUM.—As an expectorant, galbanum is supposed to possess properties closely resembling those of assa-fœtida; and it is given with the same view, in doses of from ten grains to half a drachm, in combination with ipecacuanha and any narcotic, two or three times a-day.

GUM GAMBOGE.—As a medicine it is a powerful drastic cathartic, exciting vomiting when given alone, even in moderate doses. It is usually combined with calomel, soap, or rhubarb, to obtain its aid as a purgative, in doses of from two to six grains; and with squills salpolychrest, and nitre, for hydragogue purposes.

GUM KINO.—This gum was introduced into practice by Dr. Fothergill. It is a valuable astringent in diarrhœas, which are kept up rather by general relaxation of the intestinal canal than by irritation of the mucous membrane. The dose, in substance, is from ten grains to one drachm. Kino is also used for gargles in relaxation of the uvula, and as a dentifrice, in combination with charcoal, in a spongy state of the gums.

GUM GUAIAECUM—Has long been esteemed a valuable remedy in chronic rheumatism, conjoined with diaphoretics and stimulants. The average dose is fifteen grains, three times a-day, mixed with nitre, or, if necessary, with antimonials and opiates. It is best given suspended by mucilage of gum Arabic, in the form of a draught, or as an electuary with honey. The following are formulæ for the exhibition of guaiacum:—

Take of Gum Guaiacum, in powder, fifteen grains;

Mucilage of Gum Arabic, one drachm;

rub these well together, then add

Powdered Nitre, five grains ;
Cinnamon Water, ten drachms ;
Mix, and make a draught.

Take of Gum Guaiacum, in powder, two drachms ;
Powdered Nitre, one drachm ;
Washed Sulphur, half an ounce ;
Powdered Ginger, one drachm ;
Fine Honey, two ounces.

Mix, and make an electuary. One tea-spoonful may be taken four times a-day.

GUM MASTICH—Is a resinous and aromatic concretion, which is much used to fill the cavities of decayed teeth. It is chiefly employed in making varnishes. The Turkish and Armenian women use it as a masticatory for cleaning the teeth, emulging the salivary glands, and imparting an agreeable odour to the breath. Sonnini states, that in Egypt the smoke of mastich is supposed to kill any sick person that inhales it. The compound tincture of mastich, mixed with a little water, forms a very pleasant and useful wash for the mouth.

GUM MYRRH—Is tonic and expectorant. In moderate doses it stimulates the stomach, promoting the appetite and digestion ; but in larger doses it increases the frequency of the pulse, and augments the general heat of the body. In union with expectorants myrrh is often resorted to in asthmatic and catarrhal affections, and in certain stages of consumption, when the debility from expectoration is considerable, and where it is not rendered inadmissible by marked febrile or inflammatory symptoms. As a tonic it often proves beneficial in green sickness, and defective excretion of the menstrual discharge, particularly in pale, leucophlegmatic, languid girls. The dose of myrrh in substance is from ten grains to one scruple, either in pills, or triturated with any aromatic water, in the form of draught. Myrrh also enters into the composition of many dentifrices.

GUM SCAMMONY—Is an efficacious and powerful cathartic, very eligible in worm cases, and in the disordered state of bowels which so commonly occurs in children. It is generally

combined with other purgatives, as calomel, colocynth, and aloes, conjoined with a drop or two of some volatile oil. The dose is from five to fifteen grains.

GUM TRAGACANTH.—As an article of the *materia medica* its virtues resemble those of gum Arabic, to which it is sometimes preferred, forming a more tenacious mucilage. One drachm of tragacanth will thicken a pint of water as much as one ounce of gum Arabic.

HARTSHORN SHAVINGS.—The horns as well as the hoofs of the greater number of animals consist of albumen, but those of the stag closely resemble bone. The gelatine yielded by stags' horns is considered as a demulcent, but its nutrient properties are more useful than its medicinal virtues. It forms, when united with orange-juice, sugar, and a little wine, a good article of diet for the sick and convalescent; and, when mixed with an equal portion of cows' milk, it is very useful in the irritations of infants, arising from acidities in the *primæ viæ*. The following is the form for making hartshorn jelly:—Boil half a pound of hartshorn shavings in three quarts of water over a gentle fire till it becomes a jelly; when a little hangs on a spoon it is done enough. Strain it hot, put it into a well-tinned saucepan, and add to it half a pint of Rhenish wine, and a quarter of a pound of loaf-sugar. Beat the whites of four eggs or more to a froth, and stir sufficiently for the whites to mix well with the jelly. Boil it two or three minutes, then add the juice of four lemons, and boil it again two minutes longer. When it is finely curdled and of a pure white, pass it through a linen bag into a china basin until it becomes quite clear, and has the appearance of a fine amber colour.

HELLEBORE-ROOT, BLACK.—The plant of this root is familiarly called Christmas rose, owing to its flowering occasionally at Christmas; but more generally it does not flower until the end of January or the commencement of February. The Greeks had two names for this plant, helleboros and melampodion. The first derived its origin from the poisonous nature of the plant: the other was adopted from Melampus, the son of Amythaon, who cured the daughters of Prætus, king of Argos, of melancholy, by purging them with hellebore.

He had remarked that goats who fed on this plant were purged, and, having given it to these young princesses, who were wandering in the woods fancying themselves cows, he cured them, and received the hand of one of them in marriage, and a part of the kingdom of Argos, as his fee. As a purgative hellebore was one of the chief resources of the ancients: Hippocrates extols its virtues, and Galen regards it as the most valuable of all purgatives; but, even at that early period, the violence of hellebore was so well known as to require the greatest caution in its administration. The dose of the hellebore-root, in substance, is from ten grains to one scruple; or, of the decoction, one ounce may be given once in four or five hours, which is a safer method of administering it than giving a full dose at once. It is considered a drastic cathartic, and is useful in painful menstruation, attended with torpor and constipation of the bowels. It has been much used in mania, dropsy, and worms, but it does not appear to possess any particular advantage over the resinous purgatives which act with less violence. It is a dangerous medicine, and requires the greatest care in its administration.

HELLEBORE, WHITE.—The effects of this root are extremely violent and poisonous: the ancients employed it in various obstinate cases, but they generally regarded it as their last resource. It acts as a violent emetic and cathartic, producing bloody stools, great anxiety, tremors, and convulsions. Mixed with lard it has been applied externally for the itch, and herpetic eruptions. As with the black hellebore, the greatest caution is required both in the internal and external use of this root.

HIERA PICRA—Is a warm cathartic dose, ten to thirty grains mixed up with honey, in the form of bolus or pills. It is particularly adapted to females of indolent bowels.

HONEY—Is produced by several species of bees, but most abundantly by the *apis mellifica*, the history of which is one of great interest. It is undoubtedly laxative, but it is apt to gripe and prove flatulent when given in quantity sufficient to move the intestines; and the older the honey the more likely these effects are to be produced: it is, therefore, seldom employed in

this country for purgative purposes. When mixed with vinegar, it forms oxymel, and is used in various forms in medicine and pharmacy. It is much recommended to the asthmatic, and those subject to gravel complaints, from its detergent nature. Founded upon the popular opinion of honey being a pectoral remedy, Dr. Hill's balsam of honey was once in great demand; but this nostrum, besides honey, contained balsam of Tolu and gum Benjamin in solution.

Hops.—The hop is a native of England. It has hitherto chiefly attracted attention as an article of commerce, from its importance as an ingredient in malt liquors. But it is also possessed of such medicinal properties as to entitle it to a place in the *Materia Medica*. The flowers of the plant, which only are used, are aromatic, bitter, astringent, and decidedly tonic and anodyne. Of the bitters, there is scarcely one more agreeable to an enfeebled stomach than the hop, and hence it is advantageously prescribed in dyspepsia, particularly where it proceeds from intemperance; yet it is, perhaps, as a narcotic that it has the highest claims. As an anodyne, it may be substituted for opium, where the latter, from certain causes, does not suit the case. The hop has also been found serviceable in spasmodic uneasiness of the uterus either before or subsequently to delivery. It likewise possesses the power of procuring sleep in the delirium of fever, and in mania, when used as a pillow; and owing to this effect having been confirmed in the case of the late king, George III., its efficacy as a general narcotic, when introduced into the stomach, has been investigated. Dr. Maton observed, that besides allaying pain and producing sleep, the preparations of hops reduce the frequency, and increase the firmness, of the pulse in a very direct manner. One drachm of the tincture and four grains of the extract, given once in six hours, reduced the pulsations from ninety-six to sixty in twenty-four hours. He found the extract exceedingly efficacious in allaying the pain of articular rheumatism. Hops may be given in the form of powder, infusion, tincture, or extract. The dose of the powder is from three grains to one scruple; that of the infusion, which is made with half-an-ounce of the hops and one pint of boiling

water, is from two to three wine-glassfuls three times a-day. The use of hops for preserving beer, and the cultivation of the plant, were introduced into England from Flanders about the middle of the sixteenth century. Since their introduction many wholesome plants have undoubtedly been used as succedaneums when hops were scarce, and, of course, exorbitantly dear: as the roots of ginger and gentian; the seeds of colocynth or bitter apple; and the herbs of horehound, wormwood, broom, &c. All brewers, however, are enjoined, under a severe penalty, to use no other bitters than hops in their malt liquors; but there is evident reason to conclude that this law is of no avail. The amazing difference between the beverage brewed in families from the materials which the law enjoins the brewers to employ, when used in the same proportions, and with all the advantages of preparing larger quantities, and of better apparatus, on the brewers' side, is universally known to be in favour of brewing at home. What, then, is the cause of an effect so opposite to what the public have a right to expect? The cause has been traced to the employment of foreign, and, we fear, even noxious drugs. They explore, as Mr. Gifford observes, the East Indies for the *Cocculus Indicus*: this is their substitute for malt. The West Indies furnishes them with quassia, &c., and Spain with liquorice. These two last might be tolerated, but they are not the proper materials for producing the wholesome beverage which used to regale our forefathers. The former ingredient is used in the East Indies to catch fish by intoxicating them, so that they may be caught by the hand. From this circumstance some conclusion may be formed as to its properties and effects when introduced into the human frame. Half the apoplexies, says an eminent physician, in the British metropolis, arise not so much from drinking spirits, as from the noxious ingredients administered in the malt liquors there consumed.

HOREHOUND—Is tonic, stimulant, deobstruent, expectorant, and vermifuge, and is said to be excellent in asthma, obstructions of the bowels, and violent salivation. The dose

of the powder is half-a-drachm to one drachm, or of the expressed juice of the fresh plant, from half-an-ounce to one ounce and a half, taken twice or thrice a-day.

HYDRIODATE OF POTASH.—This salt exists in most of the fuci, in sponges, and in certain mineral waters. It is exhibited in the same cases as iodine, and it possesses all the properties of that body; it seems only less active than it, and, of course, not so liable to produce serious consequences. The hydriodate of potash is given in the form of solution thus:—

Take of Hydriodate of Potash, half a drachm;
Distilled Water, one ounce. Mix.

Ten to twenty drops may be taken three times a-day.

It is also used in the form of an ointment.

HEDGE HYSSOP.—This plant is esteemed as an aromatic and stimulant, but is chiefly employed as a pectoral medicine, and has long been thought useful in asthmas, coughs, and catarrhal affections. The oxymel of hedge hyssop has been found of late to facilitate expectoration, and allay cough, and to effect more in consumption of the lungs, asthma, and winter cough, than any other medicine.—*See Oxymel of Hedge Hyssop.*

IRISH MOSS.—*See Carrageen.*

ICELAND MOSS.—The medical virtues of this lichen were probably first learned from the Icelanders, who employ it in its fresh state as a laxative; but, when deprived of this quality, and properly prepared, we are told that it is an efficacious remedy in consumptions, coughs, dysenteries, and diarrhœas. Sir Alexander Crichton states, that during seven months' residence at Vienna, he had frequent opportunities of seeing the Iceland moss tried in consumption at the general hospitals: its good effects, he says, consist in improving the matter to be expectorated; in diminishing the frequency of the cough, and rendering it more easy; in calming the irritability of the patient, and in preventing, or moderating, hectic fever. It is commonly given in the form of a decoction, an ounce and a half of the moss, well picked and washed, being boiled in two pints of milk or water, until only one pint remains, which may be sweetened with honey when strained; of this a tea-

cupful may be taken frequently during the day. In making the decoction, care should be taken that it be boiled over a slow fire, and not longer than a quarter of an hour. The Iceland moss jelly and paste are very pleasant forms for taking this moss, and answer every purpose of the decoction.

INDIAN PINK.—The properties of this root are satisfactorily ascertained by the daily exhibition made of it as an anthelmintic, especially for the expulsion of lumbrici. It is the most popular medicine for this object. It is stated to be much more active in its recent state than when old. It is a powerful medicine, producing, in large doses, all the effects of narcotic substances. Besides its vermifuge property, the pink root has proved occasionally very efficacious in intermittent fevers. The dose of the powder is from ten to thirty grains, and even more. The decoction is from half-an-ounce to an ounce in a pint of water, given by wine-glassfuls every two or three hours; but it is generally combined with senna-leaves, in order to procure the expulsion of worms as soon as they have been destroyed or weakened by the vermifuge. Some physicians give the root by itself, and purge afterwards with calomel or any other cathartic: this plan prevents nervous symptoms, and seldom fails to bring away worms when they are present.

INFUSIONS, CONCENTRATED, OF CLOVES, CALUMBO, CASCARILLA, CHAMOMILE, ORANGE PEEL, QUASSIA, RHUBARB, ROSES, AND SENNA.—These preparations are extremely convenient, and well adapted for medicine-chests. One part of either of these infusions, mixed with seven parts of water, is equal in strength to the same quantity of the infusions in the Pharmacopœia.

IODINE—Is now very generally used, both internally and externally, for the treatment of bronchocele, scrofula, rickets and spinal distortion, paralysis, leucorrhœa, chlorosis, and deafness. It is given in the form of tincture or pill internally, and applied in the form of ointment externally.—*See Ointment of Hydriodate of Potash.* Great caution is requisite in the employment of iodine, as it is liable to produce serious

derangement of the nervous system, even when it is displaying little apparent influence in other respects.

Iodine may be given in substance, in the dose of one-eighth of a grain to one grain, twice a-day, in pills. But it is more commonly prescribed in the form of tincture, the dose of which is ten drops three times a-day in a little sugared water. Twenty drops of the tincture contain about one grain of iodine.

IODURET OF IRON AND HYDRIODATE OF IRON.—Both these preparations have lately been much employed in fluor albus and obstruction of the menses. The hydriodate of iron has been prescribed in the form of lozenges in the following manner :—

Take of Hydriodate of Iron, one drachm ;

Powdered Saffron, four drachms ;

Powdered White Sugar, eight ounces ;

Powdered Gum Arabic, four drachms ;

Mix and divide into two hundred and forty lozenges.

IPECACUANHA —Is unquestionably the most valuable and safest of the vegetable emetics, evacuating the stomach certainly and completely, without any material consequent debility, and being milder and safer in its operation than the generality of such medicines ; and having this peculiar advantage, that if it does not operate by vomit, it discharges itself by the usual evacuations. For this purpose the dose is from fifteen to thirty grains of the powdered root, in about an ounce of any aromatic water. In ten or fifteen minutes it nauseates, and when the stomach begins to be convulsed, and not before, draughts of warm water or chamomile tea should be swallowed to promote its operation. In the form of decoction (made by boiling three drachms of the bruised root in a quart of water down to a pint) it has been found serviceable as an enema in dysentery, and internal piles. In certain forms of dyspepsia it proves highly beneficial, when administered, as proposed by Daubenton, in doses just sufficient to excite a slight sensation of vermicular motion of the stomach, without carrying it to the point of nausea, which

may be generally effected by half-a-grain three times a-day. In doses of a quarter of a grain to a grain, every three or four hours, it proves diaphoretic and expectorant; and, in the latter sense, is a valuable remedy in inflammatory catarrhal affections, more especially of children, to whom the wine of ipecacuanha may be given in doses of from five to twenty drops. If an emetic be taken in the early stage of continual fevers, it will frequently cut short the disease; and it is also frequently found to stop the paroxysm of an intermittent, when given immediately before the accession of the cold stage.

IRON, CARBONATE.—Iron was early introduced into the practice of physic. It seems indeed to have been known even to the primitive cultivators of our science, and has always been regarded as one of the metallic substances most friendly to the animal system. This opinion has proceeded not less from the comparative mildness of the effects of iron, than from its constituting, as was supposed, an element of the blood and of certain parts of the solids. In its operation, it evinces all the effects of a powerful and permanent tonic. It increases the activity and volume of the pulse, corrects the state of the blood and secretions, and invigorates the whole system. The indications, therefore, it is calculated to fulfil, are numerous and important, most of which, however, are embraced within the sphere of chronic debility.

Carbonate of iron is given in doses of four grains to half-a-drachm. In larger doses it has been recommended by Mr. Hutchinson in the treatment of tic douloureux. He administered it in doses of from half-a-drachm to a drachm, two or three times a-day. The cases best adapted for the exhibition of this preparation are those of weak and languid habits. To children of weakly constitutions, especially where there is a tendency to rickets, the carbonate of iron may be given with well-grounded hope of advantage.

ISINGLASS.—The sounds of the perch, some species of the cod, and a few other fishes found in the waters of this island, or upon its coasts, form isinglass. The sturgeon, from which the best is prepared, is caught in the rivers of Russia, occasionally in those of this country, in the Nile, and in the Caspian Sea.

As a nutrient, a solution of isinglass, acidulated with lemon-juice, and, when it is admissible, flavoured with wine, is a very proper and agreeable food for the convalescent.

JALAP.—When administered in a moderate dose, it is a certain purgative, operating without griping: but in large doses it is apt to gripe and produce copious watery evacuations. When the intestines are to be thoroughly evacuated, it may be united with other remedies of the same class, as with scammony, senna, &c. in the following manner:—

Take of Powdered Jalap, fifteen grains ;
Calomel, five grains.

Divide this into two powders, one to be taken as occasion may require.

Take of Powdered Jalap, one scruple ;
Infusion of Senna, one ounce ;
Tincture of Senna, one drachm ;
Syrup of Ginger, one drachm.

Mix, and make a draught.

These are very useful purges for evacuating the bowels of schoolboys who have over-eaten themselves. The diuretic qualities of jalap are much increased by combining it with cream of tartar; and an electuary, composed as follows, is sometimes advantageous in dropsy:—

Take of Confection of Senna, two ounces ;
Powdered Jalap, one drachm ;
Cream of Tartar, half an ounce ;
Syrup of Ginger, one ounce.

Mix. Dose a tea-spoonful two or three times a-day.

JALAP, COMPOUND POWDER OF—Is a useful purgative in habitual costiveness: it is also very serviceable to children with tumid bellies, in worm cases, and in dropsy. The dose is from one to two scruples for adults.

JUNIPER BERRIES.—The juniper is celebrated for its diuretic properties; the berries are principally used; and a spirit prepared from them is kept in the shops, and prescribed in hydropic cases, and in diuretic draughts. The berries are also considered as stomachic, carminative, and diaphoretic.

The taste and diuretic properties of Hollands depend upon them. They are sometimes given in substance triturated with sugar; but the best form is that of infusion, made with three ounces of the bruised berries, and one pint of boiling water. The dose of the first preparation is from one scruple to half-a-drachm; that of the infusion, a tea-cupful every three or four hours. Linnæus states, that his countrymen the Swedes, prepared a beer from the berries, which they considered as very efficacious in scorbutic cases, and that the Laplanders drank infusions of juniper berries as we do tea and coffee, for the same purpose. The berries are also considered excellent in colicky complaints, difficulty of making water in people of an advanced age, and other similar disorders.

KRÉOSOTE.—This interesting substance, recently discovered by M. Reichenbach, has been employed with great success, both internally and externally, as a remedy for numerous diseases, particularly in obstinate cutaneous affections, recent wounds, ringworm, &c., and by inhaling in chronic diseases of the bronchiæ and lungs. The following are the directions for its use:—

Internal Administration.—In affections of the bronchiæ and lungs, it may be most advantageously applied by inhalation, for which purpose pour into an inhaler (capable of containing a quart) a pint and a half of water, at the temperature of 150° , adding to it thirty or forty drops of the pure kréosote, mix by agitation, and inhale the vapour through a tube.

In diabetes, spitting of blood, and catarrhal affections, kréosote may be given in doses of from two to six drops, three or four times a-day, mixed with water, or in the form of pills.

External Application.—Kréosote may be employed externally in three different forms, either pure, mixed with water, or united with white cerate, as an ointment. One drachm of kréosote, mixed with one pint of water, forms a lotion which may be applied freely to recent burns or scalds, to chafed hands, and as a wash for unhealthy ulcers; it may also be applied undiluted to such parts as may require it, in the manner of a caustic. As an ointment, the usual proportion is thirty to forty drops to the ounce; in many cases it may be employed much stronger.

In toothach, a drop introduced into the cavity, previously dried with a bit of cotton, will in most cases give immediate relief.

The employment of this substance in ringworm, and similar diseases of the skin, has been attended with the greatest possible advantage. The strength must be regulated by the state of the eruption.

LACTUCARIUM—Is a substance having the leading properties of opium, and is procured from the milky juice of the garden lettuce. It has long been suspected, that all the lactescent plants have more or less of the narcotic principle, and, as regards lettuce, the point was well ascertained even in the earliest times. Among the fables of antiquity, we read of Venus, after the death of Adonis, throwing herself on a bed of lettuces to soothe her grief; and we are also expressly told that it formed the opiate of Galen in his old age. Lactucarium has been strongly recommended by the late Dr. Duncan, in doses of from two to six grains, as a substitute for opium, in allaying muscular action, alleviating pain, and inducing sleep, the three great qualities of opium.

LAUDANUM.—This is an extremely convenient preparation of opium. Nineteen drops contain one grain of opium. When judiciously administered, it is one of the most valuable medicines we possess; it removes or abates pain, wherever situated, lessens irritation, and seldom fails to occasion a calmness and quietude in the system. In spasmodic colic, it will often prevent inflammation of the bowels; and in all spasmodic affections, it is more or less employed. The usual dose of laudanum is from five to forty drops. Two drachms of laudanum, mixed with two table-spoonsful of olive, almond, or camphorated oil, will form an excellent liniment for rubbing parts attacked with pains or spasms; and, when applied to the pit of the stomach, it frequently stops violent and continued vomiting. A few drops of laudanum and oil of cloves applied to decayed teeth frequently affords instantaneous relief. For further particulars respecting this article—*See Opium*.

LEECHES.—There are several species, principally distinguished by their colour; but that most known to medical

men is the *hirudo medicinalis*, or medicinal leech, which is the only kind used in medicine being applied to the skin in order to draw off blood. With this view they are employed for young children, and in cases of inflammation, vascular fulness, or pain. They may be used in every case where topical bleedings are thought necessary, or where venesection cannot be performed. In inflammation of the eye, originating from cold or accident, it is advisable to apply three or four leeches round the orbit. If applied to the temples, in headach arising from determination of blood, they will always be found a safe, and, generally, a successful remedy. Some circumstances connected with the application of leeches require particular notice. An erysipelatous inflammation sometimes follows their application, which has been referred to a peculiar irritable state of the skin of the patient.

Various means have been suggested to facilitate the application of leeches; the best is to make the part clean and dry, and also to dry the leeches in a clean cloth; or if this fail, to scratch the surface of the skin with the point of a lancet, and to apply the leech on the spot moistened with the blood. When it is necessary to apply a number of leeches to any particular part, they may be put into a very small wine-glass, which may be held over them until they are fixed. If the skin be much inflamed and hot, a little tepid water should be poured into the water containing the leeches, before they are taken out of it to be applied. If sulphur be taken internally, or if it be externally applied, leeches will not bite; neither will they bite if tobacco smoke, or vinegar in vapour, be diffused through the apartment, or any accumulation of the matter of perspiration be upon the skin of the patient. When leeches are applied to soft parts, for instance, to the abdomen, it is truly astonishing how much blood sometimes is detracted; particularly when a poultice is applied over the bites, and the patient is kept warm in bed: to prevent, therefore, injurious symptoms of exhaustion from such a circumstance, the poultice should be frequently examined. This result is more likely to occur in children than in adults: and in children it not unfrequently happens that the bleeding cannot be stopped without

encircling the orifice with a ligature, or the application of some powerful styptic. On this account, leeches should never be applied late at night on children. Leeches are sometimes so full of blood, that the patient might reasonably imagine they have been used before, but this depends upon the method of taking them, which is by liver being thrown into the ponds where they are caught, for them to attach themselves to; they also suck one another. They are nevertheless too frequently sold after being used, but this rarely ever occurs in respectable establishments.

LEMON PEEL.—Is generally added to stomachic tinctures and infusions, and is particularly applicable in dyspepsia, arising from irregularities in diet, and the inordinate use of ardent spirits.

LENITIVE ELECTUARY.—This is a mild and pleasant aperient, and well adapted for pregnant women, and those who are afflicted with habitual costiveness, piles, &c. It may be given to the extent of a tea-spoonful occasionally. Children will sometimes be induced to take this electuary as a purgative, whilst they will resist all other kinds of medicine.

LIQUORICE ROOT.—Frequently used to sweeten barley-water, gruel, &c., for coughs and colds.

LINSEED.—The flax plant is supposed to have been derived originally from those parts of Egypt which are exposed to inundations. In the earliest records, it is mentioned as cultivated in that country; on which account antiquaries have been surprised to find the vestments of mummies made of cotton. It is highly probable, however, that mankind made thread of cotton before the use of flax was discovered; the former being produced in a state ready for spinning, whereas the latter requires a long process before it can be brought to that state. Linseed yields, by expression only, a large proportion of oil, which is an excellent pectoral, as is likewise the mucilaginous infusion. The oil is of a healing balsamic nature, and very useful in coughs, attended with spitting of blood, in colics, and obstinate costiveness; being a more certain laxative than either olive or almond oil. A table-spoonful of it taken at short intervals gently purges;

but if it be mixed with syrup, it ceases to operate as a laxative. Externally applied, it softens and eases pain. The infusion of linseed made in the following manner, is a very useful beverage in cases of inflammation of the lungs, recent coughs, the measles, gravel, and inflammation of the bladder:—

Take of Linseed, one ounce ;
Liquorice Root, two drachms ;
Boiling Water, two quarts.

To be macerated for six hours, stirring the mixture constantly, in order that the mucilage of the seeds may be suspended.

LINSEED MEAL — Is used as a poultice to soften and ripen inflammatory tumors, and is well adapted for that purpose.

LINT — is a very useful article in a medicine chest, for the purpose of dressing and cleaning sores or ulcers. When applied dry it will destroy fungous flesh ; and, with slight pressure, stop the bleeding of wounds and leeches.

LIQUOR OF POTASH. — This solution produces its effects as an antacid, both by neutralising the existing acid and by its powerful influence in allaying the morbid irritability of the viscus. It is usually given in veal-soup, mutton-broth, bitter infusions, or table-beer, which is not sour or hard, in doses of from ten to thirty drops ; and is considered an excellent remedy for dyspepsia, cardialgia, and gravel or stone, arising from a superabundance of uric acid, and in scrofula and cutaneous disorders, such as leprosy, &c., arising from acids irritating the stomach and bowels. Externally, it is used as a stimulant lotion for rickety and gouty swellings.

LIVER OF SULPHUR. — This preparation has been employed in several cutaneous diseases with advantage, both internally and in the form of bath or ointment. It has been recommended in diabetes. The dose is from five to twenty grains. It is used for making the Barege and Harrogate Baths, for which purpose two drachms may be dissolved in a gallon of tepid water at the time it is required. — *See Artificial Baths.*

LOBELIA INFLATA, (*Indian Tobacco*) — Grows in a wild

state in several parts of North America, and has recently come into great repute both in that country and in England, as an expectorant, antispasmodic, and sudorific. Its virtues were first made known by the Rev. Dr. Cutler, who made use of it in his own case for the relief of asthma. He had, during ten years, made trial of a great variety of the usual remedies for that disease with but little benefit; he took the tincture of lobelia, in frequently repeated doses of a table-spoonful, till the paroxysm abated, which he represents to have been almost immediately. The ethereal tincture of the lobelia has been highly recommended as very efficacious in spasmodic asthma. The dose is from twenty to sixty drops in a little water three or four times repeated.

LOGWOOD — Is a native of South America, growing abundantly in the Antilles and in the Bay of Campeachy, whence it derives its specific name. It is employed medicinally as an astringent and corroborant. In diarrhœas it has been found peculiarly efficacious, and has the recommendation of some of the first medical authorities; also in the latter stages of dysentery. In the form of decoction (made by boiling two ounces of the chips with two pints of water, and reducing it to one pint) it has been beneficially administered, in doses of a table-spoonful every three hours, for the cholera of infants.

MAGNESIA, CALCINED. — In large doses, magnesia is a gentle purgative, and its employment is always followed with beneficial effects in cases of acidity of the primæ viæ, observable principally in people who use milk habitually, or after violent paroxysms of gout. The annexed formulæ are sometimes useful in this disease:—

Take of Magnesia, Calcined, fifteen grains;
Epsom Salt, one drachm;
Colchicum Wine, one drachm;
Distilled Water, one ounce and a half.

Mix.

In small doses, it acts no longer as a laxative; but it is frequently employed in this manner as an antacid, to

neutralise the acids formed in the stomach under certain circumstances, and especially in pregnant women and in children. Combined with cream of tartar, rhubarb, or Epsom salts, it becomes more active. The usual dose of magnesia is from a tea-spoonful to a dessert-spoonful taken in a little water. The purgative effects of calcined magnesia entirely depending on its meeting with an acid in the stomach, it frequently happens that a small dose will operate more on the bowels than a large one, in consequence of not meeting with a sufficient quantity of acid to dissolve it. When, therefore, a full dose of magnesia does not act freely upon the bowels, the patient should take a dessert-spoonful of lemon-juice to promote its aperient operation. When taken for acidity in the stomach, it should be mixed with a wine-glassful of some aromatic water.

Twelve grains of calcined magnesia, four grains of rhubarb, and five grains of aromatic powder (compound cinnamon powder), mixed in peppermint water, is a very useful medicine for persons of gouty habit. For correcting acidity in the stomach of children, attended with costiveness, thrush, red gum, &c. twenty grains of calcined magnesia, five grains of rhubarb, twenty drops of sal volatile, and two ounces of dillseed water, mixed together, and divided into four doses, will be found an excellent remedy; but when attended with looseness of the bowels, or what is generally called griping stools, the compound cretaceous powder will prove equally efficacious in neutralising the acidity, and at the same time will restrain the violence of the purging. Small doses of magnesia are often effectual in cutaneous eruptions, and especially in those breakings out of pimples about the chin, nose, and forehead, which are symptomatic of acidity in the stomach. Calcined magnesia in the quantity of a tea-spoonful twice a-day, has been lately much recommended by Mr. Brande and others, as a remedy for the red gravel, and for correcting the gouty habit; but in all cases of the continued administration of magnesia, its tendency to lodge and accumulate in the bowels, must be prevented by the occasional use of aperients.

Calcined magnesia is also very beneficial in cases of

poisoning by acids, on account of the great facility with which they combine with it, and of the harmlessness of the salts resulting from this combination.

MAGNESIA, CARBONATE—Is employed like the preceding, as an antacid, laxative, and lithontriptic; and, being nearly neutralised by carbonic acid gas, acts gently as an aperient when it does not meet with an acid on the stomach; and is therefore in many cases preferable to the calcined. The dose is from half a drachm to two drachms.

MANNA—Is one of the mildest and safest purgatives known, and is adapted chiefly for children and very delicate females. It is seldom prescribed alone, but combined with senna, castor oil, and other purgatives; and it is used rather to cover their tastes than to aid their cathartic properties. It may be taken in any bland solution or milk, in doses of one to four drachms. Mothers frequently give it to their children as an innocent purgative; but though mild in its operation, if given alone it is apt to produce flatulence and griping.

MERCURIAL PILL (*Blue Pill*)—Is a most useful medicine in diseases connected with a diminished secretion of bile, in dyspepsia, scrofula, jaundice, syphilis, and cutaneous eruptions, and is by far the best form for the internal exhibition of mercury: where it is intended to act upon the system as an alterative, it should be administered in doses of from four to six grains; if it occasion any action on the bowels it may be conjoined with opium; in affections of the liver, such as torpidity, or want of proper action in that organ, three or five grains of the blue pill, either alone or mixed with a small proportion of compound extract of colocynth, may be taken once or twice a-week at bed-time, followed by a dose of Seidlitz powders in the morning.

MERCURY WITH CHALK (*Grey Powder*).—An alterative, and is occasionally given to correct the biliary secretion in children, and especially to increase it when deficient in quantity, and when the stools are clay-coloured or white. The extreme mildness of this mercurial, generally requires that its use should be continued for some time. In some cutaneous

affections of children, this mercurial preparation merits attention as a mild and safe alterative. The dose for an adult may be from five grains to half-a-drachm given twice a-day, mixed with honey or any viscid fluid.

MEZEREON ROOT.—Used chiefly in the compound decoction of sarsaparilla, to assist mercury in resolving nodes and other obstinate symptoms of syphilis. It is sometimes employed as a stimulus to ill-conditioned ulcers, and the recent bark, macerated in vinegar and applied to the skin, is recommended in France for producing and keeping up a serous discharge in chronic local affections. The fruit of this plant is very poisonous, and unfortunately its tempting appearance is such as sometimes to induce children to swallow it; in which event, an emetic should be given as soon as possible, followed by demulcent drinks.

MORPHINE—Is the peculiar alkali of opium, and is doubtless one of the most valuable of all the new alkalis that have been discovered. Several salts of morphine have been recommended by physicians of France and England; but the acetate of morphine seems to be the favourite preparation with the physicians of this country.—*See Solutions of Morphine.* The dose of morphine is from one eighth to one fourth of a grain.

MOXA—Is a remedy of Chinese origin, and consists of small masses of combustible materials which are burnt in contact with the skin as a counter-irritant, as blisters are used in local affections, &c. It has lately come into repute, but it has little chance of continuing so in consequence of the prejudice of patients.

MUSTARD.—Poultices made with mustard flower, crumbs of bread, and vinegar, are frequently applied to the soles of the feet in fevers, and may be used to advantage in fixed rheumatic and sciatic pains. It is also a useful emetic in cases of intoxication threatening apoplexy and cholera, and it is even asserted that it has acted in such cases when other emetics have failed. In gout, in which no irritation is more hurtful than that arising from crude undigested matters in the stomach, a mustard emetic proves highly useful. If the flour

of mustard be genuine, a dessert-spoonful mixed in a sufficient quantity of water will be found sufficient for an adult. Notwithstanding the stimulant property of mustard, it is astonishing how greatly the stomach resists its action. In moderate doses as a condiment, mustard is a wholesome excitant to the stomach in a weakened state of this organ; in large doses it interrupts digestion, and irritates the nervous system. Van Swieten relates a case of a strong healthy man, attacked with a quartan ague, who swallowed a large quantity of bruised mustard seeds steeped in Hollands; inflammatory fever followed, and carried him off in three days. Similar instances of this kind are mentioned in Wheeler's Catalogue of the Officinal Plants growing in Chelsea Gardens; so that the injudicious manner in which the white mustard seeds has lately been lauded has led to the abuse of a useful remedy, which in improper hands has produced many very serious consequences.

Musk—Is esteemed one of the strongest antispasmodics and stimulants we possess; and with this view has been given in doses of ten grains to one scruple in the form of pill, bolus, or mixture, along with ether, camphor, or ammonia, for hysterical paroxysms, epilepsy, hooping-cough, and the latter stage of low fevers. Administered in an enema, it very frequently succeeds in calming the convulsions of children produced by dentition.

It is extensively used as a perfume.

Nitre—Is refrigerant and diuretic; and, when externally applied in solution, cooling and detergent. If taken in repeated small doses, it diminishes arterial action. The dose of nitre is from five to twenty grains in an ounce and-a-half of some mucilaginous fluid or almond emulsion. In inflammatory diseases, nitre may also be combined with a variety of diaphoretic remedies, such as the common saline draught, or with saline mixtures containing antimony. This salt is apt to create a very unpleasant coldness, attended often by spasm in the stomach; and where this happens, its use should in most cases be discontinued.

In inflammatory sore throats, nitre is also much employed

as a good detergent addition to viscid gargles in the following manner :—

Take of Nitre, one drachm and a half ;

Honey, two ounces ;

Rose Water, six ounces.

Mix, and make a gargle, to be used frequently.

In some experiments made upon women at Leipsic, nitre was found to possess decided emmenagogue powers when given in doses of from one scruple to one drachm dissolved in any bland fluid. On account of the great action of nitre upon the bladder and kidneys, great caution is requisite in its employment. The solution of powdered nitre in water is attended by a considerable production of cold, which is increased by the addition of powdered sal ammoniac ; such a solution may sometimes prove useful as an extemporaneous refrigerant lotion where ice cannot be procured. For this purpose, equal weights of powdered nitre and sal ammoniac may be dissolved in ten or twelve parts of the coldest water that can be obtained.

NUTMEGS.—Aromatic, but chiefly used for culinary purposes. In the dose of from four grains to one scruple, they are sometimes employed to relieve nausea and vomiting, and to check diarrhœa.

NUX VOMICA, POWDER OF.—This article has been known as a powerful medicine for nearly a century, and employed in a vast variety of diseases with different degrees of success. It is a strong poison, and is much used, mixed with lard and oil of aniseed, to kill vermin.

OIL OF ALMONDS.—This oil is demulcent and emollient, and is used in coughs and other pulmonary complaints, united with water by means of mucilage, or the yolk of egg and sugar. The following mixture will be found useful in allaying a tickling and irritating cough :—

Take of Conserve of Hips, three ounces ;

Syrup of Poppies, half an ounce ;

Oil of Almonds, half an ounce.

To be well mixed together, and a tea-spoonful to be taken occasionally.

Externally, this oil is employed in the form of embrocation for sore throats, in the proportion of two parts of oil of almonds, and one of spirits of hartshorn.

OIL OF AMBER.—This oil was formerly administered as an antispasmodic in hysteria, whooping-cough, and other convulsive diseases, in doses of from five to twenty drops, diffused in aqueous fluids by means of mucilage. Externally, it is applied as an embrocation to the chest in whooping-cough in the following proportions :—

Take of Camphorated Spirit, half an ounce ;
Laudanum, two drachms ;
Oil of Amber, two drachms ;
Oil of Almonds, four drachms.

Of this compound a small quantity may be used night and morning.

OIL OF ANISEED—Is a stimulant and carminative ; and is well adapted to the purpose to which it is usually applied, that of relieving flatulence and the symptoms arising from it in children, a little of it being rubbed with sugar and mixed with the child's food. The common proportion is ten or fifteen drops of the oil to two ounces of sugar. The great consumption of this oil is in the preparations of horse medicines, to obviate the griping effects of strong purgative medicines.

OIL OF CARRAWAY.—Same properties as the oil of aniseed.

OIL OF CINNAMON.—A warm, stimulant, and delicious stomachic. Given in the dose of from one to three drops, rubbed down with some yolk of egg in a little sherry wine, it allays violent emotions of the stomach from morbid irritability. It is sometimes used locally in toothach, by being dropped upon cotton and inserted into the hollow of the decayed tooth.

OIL OF CASSIA—The properties of which are in every respect the same as those of the oil of cinnamon.

OIL OF CLOVES.—One or two drops of this oil corrects the griping tendency of cathartic pills, and sometimes appears to augment their efficacy. It is also used as an application for toothach.

OIL OF CAJIPUT.—This oil, when diluted with an equal quantity of olive-oil, is a useful rubefacient in gout and rheumatism, and aids, also, in restoring vigour to joints weakened by sprains. When taken internally it causes a glow, fills the pulse, and excites greatly the nervous system; and, from determining to the surface and equalising the circulation, it has been lately much prescribed by Sir M. Tierney and others in malignant cholera, in doses of twenty to thirty drops every two or three hours.

OIL OF JUNIPER.—This oil possesses stimulant, carminative, and stomachic virtues, in the dose of from two to four drops, and in a larger dose proves highly diuretic. It is often employed in the cure of dropsical complaints, when the indication is to provoke the urinary discharge. Oil of juniper gives the flavour to what is termed in this country gin, and which was originally an imitation of Hollands, and was also rectified from juniper; but the greater part of the gin now used is made from Scotch and Irish whisky rectified on turpentine. If the spirit were good, the English gin is a better diuretic than Hollands, inasmuch as the oil of turpentine is a superior diuretic to the oil of juniper.

OIL OF LAVENDER.—Used as a perfume. A few drops sprinkled upon a bed containing bugs will generally destroy them.

OIL OF OLIVES, OR SALAD OIL.—With regard to the utility of oil, it in some shape forms a considerable part of our food, both animal and vegetable, and affords much nourishment. With some, however, oily substances do not unite with the contents of the stomach, and are frequently brought up by eructations; this happens more especially to those whose stomachs abound with acid. Olive-oil is frequently given for coughs and catarrhal affections; and, when rubbed over the body, it is said to be of great service in dropsies. When olive-oil is used in salads, or as a seasoning for raw vegetables, it seems to render them more digestible, and prevents them from producing flatulence; but when taken in large quantities it cloy the stomach, and becomes the source of dyspeptic affections.

OIL OF PENNYROYAL—Is stimulant, antispasmodic, and

reputed to be emmenagogue. It is given in doses of from one to five drops on a piece of sugar.

OIL OF PEPPERMINT—Is a powerful and useful stimulant. In spasmodic and flatulent pains of the stomach and bowels, in cramp, faintness, and nausea, it is a useful remedy, a drop or two being taken upon a lump of sugar, or triturated with a little powdered sugar.

OIL OF RHODIUM.—Used as a perfume. It is also said to have the power of attracting rats. Oil of carraway has the same properties, and is considerably cheaper.

OIL OF ROSEMARY—Stimulant, and is sometimes given with advantage in nervous and spasmodic affections of the stomach. It is also much used as a perfume.

OILS, VOLATILE.—All volatile oils are local excitants, and consequently may be employed as rubefacients.

OINTMENT, BASILICON—Is in general used as a stimulant and detergent; and therefore forms an excellent dressing for foul and indolent ulcers.

OINTMENT, CITRINE.—This ointment is of very extensive utility in eruptive and herpetic diseases, scaldhead, purulent ophthalmia, indolent tumours on the margin of the eyelid, and scrofulous ulcers. When intended to be used to the eyes, it should be mixed with an equal quantity of hog's lard, and applied, previously softened, upon a camel-hair pencil, on going to bed.

OINTMENT, MERCURIAL, STRONG—Is in very general use for mercurial frictions. It may be employed in almost all cases where mercury is indicated, but it requires the direction of a medical man.

OINTMENT, SULPHUR.—The intention of this ointment is to cure the itch, which it generally does more certainly than any other remedy; but its offensive smell occasions it to be used by most people with great reluctance. Two or three inunctions are in general sufficient for the cure, provided the patient wears his linen without changing for a few days.

OINTMENT OF ZINC—Is a very useful application to chronic ophthalmia, relaxed ulcers, sore nipples, and for removing ring-worm, particularly when it attacks the scalp.

OPIUM.—Of all the articles of the *materia medica*, this is,

perhaps, the most extensively useful; there being scarcely one morbid affection or disordered condition of the system in which, under certain circumstances it is not exhibited, either alone or in combination. It is certainly the most sovereign remedy for easing pain and procuring sleep; but, like other powerful medicines, it becomes, when improperly administered, highly noxious to the human constitution, and even productive of death.

It is the chief narcotic now employed; it acts directly upon the nervous power, diminishing the sensibility, irritability, and mobility of the system; suspending, according to the idea of an ingenious author, the motion of the nervous fluid to and from the brain, and thereby inducing sleep, one of its principal effects. From this sedative power of opium, by which it allays pains, inordinate action, and restlessness, it naturally follows that it may be employed with great advantage in a variety of diseases. In febrile affections, opium is useful where there are no high inflammatory symptoms. In typhoid fevers it allays irritability and watchfulness, quiets many nervous symptoms, prevents inordinate relaxation of the bowels, and tends, in combination with ammoniacal stimulants and bitters, to support the general powers of the system. In acute and chronic rheumatism, opium is a most important remedy; when it is so managed as to produce sweat, it will tend to remove an inflammatory state of the system, and may generally prove useful; a notable instance of this we observe in the cure of acute rheumatism by means of Dover's powder. In all obstinate and irritating coughs, where inflammatory action is not predominant, an opiate at bed-time is always palliative, and often curative. In eruptive diseases, opiates are beneficial: but they must be cautiously administered, more particularly in reference to the state of the bowels.

The requisite dose of opium varies in different persons, as well as in different states of the same person. A quarter of a grain in one adult will produce effects which ten times the quantity will not do in another. The lowest fatal dose to those unaccustomed to it seems to be about four grains. When given in too small a dose, it often produces disturbed sleep and other

unpleasant consequences ; and, on the other hand, a small dose will sometimes produce sound sleep and alleviation of symptoms, when a larger one would not have succeeded.

There are certain circumstances necessary to be attended to in regard to the administration of opium ; first, age may be mentioned as having a powerful influence in modifying its action. The younger the individual, the more energetic is its action on the system ; thence the great caution requisite in its administration to infants ; in fact, it should never be resorted to in any form except upon emergencies ; and all opiates, especially syrup of poppies and some nostrums containing opium, which are but too frequently used by lazy nurses to quiet children, should be most imperiously excluded from the list of nursery medicines. Sex influences the operation of opium less than other circumstances, but still it exerts some influence ; and we find that spasms and obstinate vomitings more frequently follow its use in women than in men.

Opium is also well known to be more dangerous in those of a sanguine than in those of a melancholic temperament.

Climate modifies considerably the effects of opium. In those who pass from colder to warmer climates, smaller doses of it are requisite to produce the desired effect than were necessary in the climate from which they have passed.

Persons habituated to opium will frequently bear very large doses with little effect ; many instances are recorded of the enormous doses which have been taken with impunity by individuals who have long accustomed themselves to the use of this narcotic. As very great caution is therefore necessary in ascertaining the proper dose and time of administration, as well as the symptoms to which it is applicable, the use of opium had better be left to the decision of the experienced physician.

OPODELDOC LIQUID.—This is an excellent application in all common rheumatic affections, bruises, sprains, chilblains, and local pains. It is a good addition to other liniments ; mixed with tincture of cantharides it is rendered more effectively stimulating and rubefacient ; and, with the addition of laudanum, it forms one of the best sedative liniments.

ORANGE PEEL.—The compound infusion of orange peel is an elegant vehicle for small doses of Epsom salts, for bitter tinctures, ammonia, magnesia, &c.; and combinations of this kind are frequently prescribed with advantage in gout and dyspepsia.

ORRIS ROOT POWDER.—Used on account of its agreeable odour as an ingredient in tooth-powders.

OXYMEL OF COLCHICUM (*or of Meadow Saffron.*)—Is given in doses of one drachm to one ounce twice a-day in gruel as an expectorant in asthmatic affections, more particularly for persons advanced in years. It promotes expectoration, abates cough, and quiets the nervous system.

OXYMEL OF HEDGE HYSSOP.—This preparation has been much recommended lately for pulmonary consumption, asthma, and catarrhal affections. It facilitates expectoration and allays cough, and may be taken, mixed with two parts of decoction of cascarilla, in doses of three table-spoonsful, two or three times a-day.

OXYMEL OF SQUILLS—Is principally employed as an expectorant, and is very useful in whooping-cough, asthma, and winter coughs, in doses of from half-a-drachm to two drachms. It is generally given in some aromatic water, to prevent the nausea which it is apt to induce: in larger doses it is employed to excite vomiting, and to clear the chest, in whooping-cough.

PARAGORIC ELIXIR.—This preparation contains opium, and where the chest is free from inflammation it may be given in doses of a tea-spoonful in a glass of water, or any mucilaginous drink, two or three times a-day, to allay the tickling sensation in the windpipe attendant on recent cough. Two tea-spoonsful of paregoric elixir; one table-spoonful of oxymel of squills, and the same quantity of water and mucilage of gum Arabic, form a good mixture for whooping-cough. A tea-spoonful may be taken three or four times a-day, or when the cough is very troublesome. At the commencement of a common cough in children the following mixture will frequently be found of great service, the bowels having been previously opened by a small dose of calomel and James's powder:—

Take of Simple Syrup, two ounces ;
Antimonial Wine, and
Paregoric Elixir, of each one drachm ;
Tincture of Tolu, twelve drops.

Mix. A tea-spoonful may be given three or four times a-day in a little warm linseed-tea or barley-water, when the cough is troublesome.

PARIERA BRAVA—Has been highly recommended as a lithontriptic and diuretic, and may be used with success in cases requiring remedies of this kind, especially in chronic catarrhs of the urinary bladder. It is administered in powder, in the dose of one scruple to one drachm ; and in decoction of three drachms to two pints of water reduced to one half.

PEARL BARLEY.—Barley is one of the demulcent substances most commonly used. It is exhibited in the form of decoction in almost all inflammatory affections. The best form for making the decoction is as follows: take of pearl barley, two ounces ; water, four pints and a half ; wash the barley well in cold water, then boil it for a short time in half a pint of water ; throw away this liquid, then add the remaining four pints of water boiling, which should be kept boiling until half the quantity is evaporated. Equal parts of barley-water and new milk, with a small portion of refined sugar, are a good substitute for the nurse's milk, when infants are unfortunately brought up by the spoon.

PELLITORY OF SPAIN—Is a powerful stimulant ; exciting, when chewed, a copious flow of saliva. It is sometimes used as a gargle in cases where it is desirable to promote that secretion : it is also found very effectual in relieving toothach, for which purpose the root may be chewed, or the following compound tincture may be applied upon cotton to the tooth and gum :

Take of Bruised Pellitory of Spain, half-an-ounce ;
Camphor, two drachms ;
Opium, one drachm ;
Oil of Cloves, two drachms ;
Spirit of Wine, six ounces.

Mix, and let this stand for ten days, then strain for use.

The infusion of the fresh root, made by pouring one pint of boiling water upon a quarter of an ounce of the root, and allowing it to macerate for one hour, has been given with success in cases of retention of urine.

PIL. COCHLÆ — Is aperient. In doses of five grains this pill may be given for all common purposes.

PILL, PLUMMER'S — Is a very useful alterative, especially in cutaneous eruptions and in secondary syphilitic symptoms, particularly when affecting the skin. In constitutional eruptions, and those pimples or blotches which occur on the face in spring and autumn, one of these pills may be taken night and morning in conjunction with the decoction of sarsaparilla. Should their exhibition affect the bowels, a small proportion of opium may be added. The dose is from five to ten grains.

PIL. RUFI. — This pill is a good stomachic and purgative, and well calculated for delicate females, especially where there is uterine obstruction. The dose is from ten to twenty grains.

PIMENTO — Is principally used to cover the disagreeable taste of other remedies; it is also a very useful adjunct to dyspeptic medicines. The distilled water is a pleasant vehicle for saline purgatives and rhubarb.

PLASTER, ADHESIVE. — PLASTER, DIACHYLON. — These plasters are used for keeping on other dressings, and for retaining the edges of recent wounds together. They are also much employed for the relief of corns and bunions.

PLASTER, BELLADONNA — Is a useful local application for the relief of neuralgic and chronic rheumatic pains.

PLASTER, BLISTER. — This plaster is employed, as its name implies, for the purpose of blistering the skin. The cases demanding the application of blisters are principally the following. As a remedy in intermittents, they are not generally employed, though undoubtedly sometimes highly useful. In local pains, and inflammations of parts internally situated, blisters are generally applied. To the anginous affections, blisters are well suited, and particularly to inflammatory sore throats, and croup, though their application should generally

be preceded by pretty active evacuations, and by topical bleeding with leeches or cupping. To check the vomiting in cholera morbus, blisters have sometimes been applied over the stomach, or to the extremities; but in exhausted states of the system sinapisms are to be preferred. They are also much used in all affections of the brain; but, to be serviceable, they require to be used with great discrimination. In the treatment of ophthalmia, and some other affections of the eyes, blisters constitute an essential part. It is customary to apply them behind the ears, or to the temples, or back of the neck. They afford most relief in the last-named position, where the attack is obstinate. The eruptive diseases, in certain states at least, demand the use of blisters. They have been found advantageous to sustain the system in typhus or confluent small-pox, and also in the latter complaint, where the eruption suddenly recedes. Exactly with the same view are they directed in measles, under similar circumstances, and, moreover, to relieve the violent catarrhal affection which often attends or follows this disease. The utility of blisters in arresting the malignant forms of erysipelas is established by the amplest experience. With nearly the same advantage, they are prescribed in scarlet fever, to support the system when approaching the typhoid state, and, should the throat be affected, they are still more important as a topical application earlier made. Certain spasmodic affections of the chest are sometimes benefitted by the use of them, among which may be mentioned whooping-cough, asthma, &c. Behind the ears, they are sometimes useful in deafness, and not less so in that painful affection of the ear called earach; and on the cheek they sometimes relieve the toothach. Blisters have also been found to influence the mental energies, and have been applied for that purpose by men engaged in public business, when great displays of oratory were required.

In applying blisters, care should be taken to attach them to the part by a proper rim of adhesive plaster, but they should not be bandaged down; and, in spreading them, the spatula should be only sufficiently warm to soften the blister plaster. A blister should remain on till it draws effectually.

The ordinary time required for this purpose is ten or twelve hours; but on the head at least double this period, and in this case, to prevent stranguary, the hair should be removed several hours previously to the application of the blister, if such a delay be admissible. Children, owing to delicacy of skin, are much more speedily blistered, and hence, in their cases, the plaster may be earlier removed. In local and inflammatory affections it should be applied as nearly as possible over the immediate seat of the complaint, after blood-letting has been carried to the necessary extent. In individuals liable to stranguary, or where, from excessive irritability, much pain is excited, it will be proper to remove the blister after three or four hours, or, as soon as the rubefacient effect is produced, to bathe the part with a mixture of olive-oil and laudanum, or fresh lard, and reapply it. Should this not succeed in doing away with the inconvenience, a soft emollient poultice may be substituted, which generally soothes the irritation. As preventives, it will be prudent to direct the free use of diluent beverages, as barley-water, linseed-tea, or a solution of gum Arabic. Should stranguary be violent, fomentations to the pubes, or the warm bath, or camphor, balsam copaiva, turpentine, buchu-tea, and, above all, opium, particularly in the form of an enema, should be immediately resorted to. The usual dressing for a blister is simple cerate spread thinly on linen. Should there be much irritation, a mixture of lime-water with olive-oil or lard, as in burns, sometimes affords much relief. To keep a blister open, the savine ointment is usually employed.

PLASTER, BURGUNDY PITCH—Spread on leather, this plaster forms an excellent rubefacient, occasioning a slight irritation, though rarely amounting to a blister. A plaster worn on the chest often does good in protracted coughs, in whooping-cough, and in asthma. It is sometimes useful in rheumatic and other painful affections, when applied over the seat of the complaint. It is also an excellent preventive of coughs.

PLASTER, STRENGTHENING—Is chiefly applied to the loins for weakness, debility, &c. By keeping the skin firm, it may give tone to the relaxed muscles it surrounds, but cannot in

any way impart more strength than the common adhesive plaster.

PLASTER, SOAP—Is a mild discutient, and is deemed an useful application to tumours of various kinds. In cases of sprains, and slight enlargement of joints from accidents, it is commonly employed in preference to any other plaster.

POMEGRANATE BARK.—The chief use of this bark is as an astringent in chronic diarrhœa and in dysentery, and as an injection in *fluor albus*. It has, also, been much used in India as a remedy for tape-worm, for which a decoction is prepared with two ounces of the fresh bark, boiled in a pint and a half of water until only three quarters of a pint remain. The worm is frequently voided after the first dose of two ounces; but the same quantity may be repeated for six or seven times in succession, at intervals of an hour.

POMEGRANATE PEEL—Is also a powerful astringent, and has long been successfully employed externally, internally, and in gargles, and for diarrhœa, &c. The decoction is the form in which it is usually given, in the same doses as the decoction of the bark.

POPPY HEADS—Are employed for the purpose of affording a decoction, to be applied as an anodyne fomentation. The decoction is made by boiling four ounces of the bruised poppy-heads, with four pints of water, for a quarter of an hour.

POWDER, COMPOUND CRETACEOUS.—In doses of half-a-drachm to one drachm, this powder is exhibited in the cure of diarrhœa, and diseases arising from acidity of the bowels.

POTASH, CARBONATE OF—Is employed in the preparation of saline effervescing draughts; it possesses the same virtues as salt of wormwood, but the large quantity of carbonic acid it contains renders it more suitable to this purpose than that article. It may be given in doses of from twenty to forty grains dissolved in a glass of water; or equal quantities of citric acid and carbonate of potash, or about one scruple of each, with a little sugar, dissolved in water, readily make the effervescing saline draught so much employed in inflammatory fevers.

QUASSIA CHIPS.—Quassia was first introduced by a negro

in Surinam called Quassi, as a secret remedy for malignant fevers. It was at one time vaunted as capable of curing intermittents, but it has not maintained that character, although it still is regarded as a powerful tonic; and, from being of a nature to admit of admixture with the sulphate of iron, zinc, and some metallic salts, it is advantageously given in green sickness and other obstructions of the uterus. When combined with cretaceous powder and ginger, it is a useful remedy in gout; but, if any irritation exists in the stomach, it is injurious. On the Continent, persons of sedentary habits take a table-spoonful of the infusion of quassia an hour before dinner, as an aid to digestion. In South America, basins are made out of the wood of the quassia, which are employed by dyspeptic persons, the wood communicating its bitterness to the beverage which is put into it, and thence proving tonic. An infusion of quassia, sweetened by brown sugar, is an effectual poison for flies.

QUICKSILVER—Was known to the ancients and employed by them in the art of gilding, and for other purposes in the arts. It is the basis of all mercurial preparations. In the time of Charles II.'s reign, quicksilver was celebrated as an alterative, and was much used by the ladies of that period, in doses of a small tea-spoonful night and morning, to beautify the complexion, remove freckles, and perform the usual functions of cosmetics.

QUININE, SULPHATE OF—Is the name given to the newly discovered preparation derived from Peruvian bark, which contains all its active principles in a concentrated state, divested of extraneous matter; and the dose being consequently small, it is less likely to produce nausea or any derangement of stomach than bark in substance. It is often very desirable to administer this medicine in a small volume, and in an agreeable form. Patients often die of malignant fevers because they cannot swallow the necessary quantity of the bark in powder. Some throw it up after having taken it, and others experience super-purgation from it, so that the powder passes through the bowels without producing any effect; even in the most favourable cases it is necessary that the patient's stomach

should, as it were, chemically analyse the bark which is taken, and extract its febrifuge principle. A process like this will be always difficult and fatiguing even for the strongest digestive organs. Chemistry, therefore, has done a great service to medicine by shewing how this separation may be accomplished beforehand. Sulphate of quinine is now generally prescribed in all cases where bark in substance has been usually given; the dose is from one to five grains dissolved in the infusions of roses, or in the form of pill. The compound tincture of quinine, which is a combination of Seville orange peel and quinine, is also much recommended as an excellent tonic medicine.

It is not, perhaps, sufficiently well known that toothach, and what is vulgarly called jawach, are frequently cured by the use of quinine. Many cases of toothach are submitted to the manual dexterity of some neighbouring dentist, who extracts tooth after tooth, until at length the sufferer, without experiencing the least relief, frequently abandons himself to the most excruciating agony. Several cases have been known, in which perfectly sound teeth have been removed, and often several in succession in consequence of no relief being afforded from the extraction of the first. In addition to this, toothach-drops, many of which contain mineral acids, are used in profusion, to the eventual destruction of the few remaining instruments of mastication. When this species of neuralgic odontalgia occurs, quinine has been given with decided success.

RHUBARB, TURKEY.—The medicinal properties of this valuable root are so well known, that it appears almost a work of supererogation to mention them. It is administered in the forms of powder, infusion, and tincture. As a purgative, the dose of the powder should be from half-a-drachm to one drachm; that of the infusion, from one to two ounces. The tincture can hardly be taken in doses sufficiently large to prove purgative; but it is a valuable tonic, when given with some bitter infusion; and the vulgar practice of taking it for pains in the bowels too often increases inflammation where it exists. It is also in very general use as a stomachic, according to the dose in which it is administered. In cases where the bowels are affected with relaxation arising from debility, a small dose

of rhubarb will oftentimes be found the best means of checking its progress. It is sometimes advantageously combined with calomel, jalap, scammony, and sal-polychrest. It moderates their activity, and counteracts their tendency to lower the tone of the alimentary canal. In doses of from two to five grains it acts as a tonic and astringent, and is given as such in a variety of dyspeptic affections. A mixture of fifteen grains of rhubarb, twenty grains of calcined magnesia, a drachm of syrup of poppies, two drachms of compound tincture of cardamom-seeds, one drachm of sal volatile, and two ounces of dillseed water, will prove very beneficial in removing many disorders to which children are subject from redundancy of acidity in the stomach and intestines, given in doses of a teaspoonful every three or four hours, as circumstances may require. When combined with sal-polychrest, or any other of the neutral salts, its nauseous flavour may be covered by adding a few grains of aromatic powder, or some aromatic water. The powder known by the name of "Dr. Gregory's Powder" is composed of Turkey rhubarb, calcined magnesia, and aromatics; and is found useful to persons of gouty and dyspeptic habits. The root in its entire state is a favourite remedy with those whose bowels are habitually constipated, and who lead a sedentary life. They chew a piece about five grains every morning; and the taste, though at first disagreeable, becomes by habit less so, till at last it is rather pleasant than otherwise.

ROCHELLE SALT.—This salt was first prepared and introduced as a purgative by an apothecary of Rochelle. It was long considered an excellent medicine, and was supposed to be fitted for all complaints. It, however, lost much of its popularity for some time, but was again restored to the votaries of the vacillating goddess by the introduction of the Seidlitz powders. It is given in doses of from half-an-ounce to an ounce and a half, for the same purposes as Epsom salts.

ROSE LEAVES—Are astringent, and are used for making the conserve, the infusion, the syrup, and the honey of roses. All these preparations, with the exception of the honey, tend to confine the bowels. The conserve has been much recommended in chronic coughs, in which a gentle tonic and astringent

is indicated, and, acidulated with sulphuric acid, in the perspirations connected with general debility of the system. As a gentle astringent, the infusion, acidulated, is a useful gargle in affections of the throat, and as a collyrium in some species of ophthalmia. The infusion of the leaves and the confection are excellent vehicles for the administration of purgative saline salts and sulphate of quinine.

SAFFRON—Was known to the ancients, and was employed by the Romans, both as a medicine, and for strewing the temples and theatres, to diffuse an agreeable odour through them. It was brought to England in the reign of Edward III. by a pilgrim, who concealed a bulb of it in his staff, made hollow for that purpose. Much evil is sometimes produced by the custom, prevalent among the lower classes, of administering saffron at the commencement of fevers attended with cutaneous eruptions—as, for example, measles and small-pox—with the idea of throwing out the eruption. It is also much used in cookery, confectionary, and by the dyers.

SAGO PEARL—Is used exclusively as an article of diet, having no medicinal qualities which adapt it to the treatment of disease. Being nutritive, easily digestible, and wholly destitute of irritating properties, it is frequently employed in febrile cases, and in convalescence from acute disorders, in the place of richer and less innocent food. It is given in the liquid state, and in its preparation care should be taken to boil it long in water, and stir it diligently, in order that the grains may be thoroughly dissolved. A table-spoonful to the pint of water is sufficient for ordinary purposes. The solution may be seasoned with sugar and nutmeg, or other spices, where these are not contra-indicated.

SALEP (*or Saloop.*)—This substance comes from Persia, but is said, also, to be manufactured in Europe. Its properties are similar to those of sago and arrow-root. Dr. Percival states it to have the singular property of concealing the taste of salt water. Hence, to prevent the dreadful calamity of famine at sea, it has been proposed that the powder of it should constitute part of the provisions of every ship's company.

SAL AMMONIAC—Is seldom used internally; externally it is applied as a discutient to indolent tumours, dissolved in

vinegar, with sometimes the addition of a little alcohol ; and a similar solution is employed as an application in some forms of inflammation, to chilblains, and to some cutaneous eruptions. It is also one of the ingredients in the freezing mixture used for cooling wine in hot weather.

SAL PRUNELLA.— Allowed to dissolve slowly in the mouth, it will frequently remove incipient sore throat. It is frequently used by singers and public speakers for moistening the fauces.

SAL POLYCHREST—Is a very useful aperient, and, in conjunction with rhubarb, forms an excellent medicine for children. Fifteen grains of this salt and five of rhubarb, mixed with a small quantity of dillseed water, may be given to children of from four to six years of age as an effectual though gentle means of removing visceral obstructions. In the dose of a drachm or a drachm and a half, this salt is purgative ; but, from its sparing solubility, it is generally given in the form of powder, in doses according as it is intended to act as a deobstruent or purgative.

SAL SODA.— *See Subcarbonate of Soda.*

SALT OF WORMWOOD AND SALT OF TARTAR.—In cases where an alkali is indicated this preparation offers an agreeable and efficient remedy. In disordered states of the digestive functions, alkalies frequently act with surprising effect. In calculous affections their value has been confirmed by the benefit derived from a course of alkaline medicines. The dose is from ten grains to half-a-drachm. *See Potash, Carbonate.*

SALT OF STEEL—Is a useful remedy, when exhibited with due caution, in all cases in which preparations of iron are indicated ; but in improper doses it occasions pain of the bowels, nausea, and vomiting, and often proves hurtful by continuing its use for too long a period. It is given with advantage in diabetes, in the latter stage of convulsion, and in amenorrhœa depending on a weakened action of the blood-vessels. The dose is from one to five grains, combined with ammoniacum, rhubarb, myrrh, or bitter extracts.

SARSAPARILLA.—This root is a native of the West Indies. As a medicine its fortune has been exceedingly fluctuating. When originally introduced into the *materia medica*, it was

thought a sovereign cure for the venereal disease ; but in a short time it lost nearly all reputation. The evidence of the best practitioners of the present day is, however, decidedly in its favour, as a valuable alterative remedy ; for, in large doses, and sufficiently persevered in, it has cured cutaneous eruptions, sore throats, obstinate rheumatic affections, those anomalous pains in the bones and joints, and other symptoms, which arise in certain constitutions, and are apparently the joint effect of mercury and of the venereal virus. Mr. Bacot remarks, that there is no medicine in the whole *materia medica* comparable to the sarsaparilla for the purpose of restoring the tone of the stomach and recruiting the broken down constitution of a long protracted disease, or by an extended course of mercury. Sarsaparilla is administered in decoction, syrup, powder, and essence ; but experience has proved that the concentrated essence is the most convenient as well as the best preparation. The decoction, when properly prepared, is a useful mode of taking this medicine, but, as it will not keep for more than one or two days, it has its objections. The syrup is not liable to ferment, but the sugar is apt sometimes to disagree with the stomach. It is generally given as an alterative, in the dose of two tea-spoonful, mixed with water, three times a-day. The powder is administered in doses of one ounce daily, which quantity is much too large for debilitated stomachs. The concentrated essence will keep for any length of time, and it contains all the medical virtues of the articles which enter the composition of the compound decoction of the College of Physicians. One table-spoonful, mixed with half-a-pint of spring-water, is equal to half-a-pint of the decoction. Dr. Copland states, that he has given this concentrated preparation combined with dandelion, or the liquor of potash, with great success in œdematous swellings of the lower limbs caused by obstruction or other disease of the glands.

SASSAFRAS CHIPS—Are said to be diaphoretic and diuretic. Sassafras has been employed in cases of scurvy, rheumatism, and in various cutaneous affections. It is now rarely employed, except as an ingredient in the compound decoction of sarsaparilla.

SEDATIVE LIQUOR OF OPIUM.—This preparation being deprived of the stimulating property (narcotine) which causes the unpleasant sensations produced by the exhibition of opium, will be found highly beneficial where sedatives are required. The dose is the same as that of the tincture of opium (*laudanum*) of the Pharmacopœia.

SENEKA-ROOT—Has been much used in America as a powerful diuretic and expectorant, in doses of ten to thirty or forty grains in powder; and in larger doses it is said to produce vomiting and purging. Two or three table-spoonsful of the decoction, prepared by boiling an ounce of the root in a pint and a half of water till it is reduced to a pint, are given for the relief of asthma, chronic cough, dropsy, and gout. Dr. Chapman states that it is a most active and certain emmenagogue.

SENNA LEAVES.—Senna is a useful and very general purgative, there being scarcely any disease in which it cannot be administered. The infusion is the best form for giving this medicine, which is made by macerating for an hour, in a covered vessel, an ounce and a half of senna, a drachm of ginger, and a pint of boiling water. The purgative power of this infusion is greatly increased by the addition of camphor julep or the decoction of guaiacum. The dose of the infusion is from an ounce and a half to two ounces, but it is seldom given alone. It is customary to disguise the nauseous taste of senna by infusing two drachms of the leaves, with a little bohea tea, in a quarter of a pint of boiling water, and adding, when poured off clear, a little sugar and milk. Children will very often take this medicine when it would have been difficult to persuade them to take senna in any other form. The infusion of senna, combined with Epsom salt and tincture of senna, forms the celebrated black draught.

SENNA POWDER.—Dose twenty to forty grains; but it is seldom given alone.

SENNA POWDER, COMPOUND.—In doses of one scruple to a drachm, this preparation is given as a cathartic and hydragogue; but, from its being bulky and inconvenient, is seldom used.

SENNA SYRUP—Is considered an excellent purgative for

children, being mild in its operation. The dose is from two drachms to one ounce.

SNAKE ROOT—Has long been regarded as serviceable in cases that required the combined powers of a diaphoretic and tonic, as in some of the stages of typhus and other low fevers ; it has also been found to exalt the febrifuge powers of Peruvian bark in cases of protracted agues. It is given in powder from a few grains to a scruple or half-a-drachm. The infusion is the best form for its administration, in the proportion of one ounce of the bruised root macerated for four hours in a pint of boiling water and strained. Of this infusion an ounce and a half may be taken for a dose. It is, however, necessary to state that the stimulating properties of this root should prevent its employment in the inflammatory diathesis.

SNUFF ASARABACCA.—This is an agreeable and efficacious errhine, useful in some cases of obstinate headach, toothach, and chronic ophthalmia. Five or six grains, snuffed up the nostrils at bed-time, excite sneezing and a copious discharge of mucus, which continues to flow on the following day.

SOAP CERATE—Applied, spread on linen, around fractured limbs, when inflammation has abated, serves both as an adhesive plaster and as a saturnine application.

SOAP, CASTILE—Is chiefly used to modify the action of aloes, rhubarb, and other purgatives, by dividing them minutely, and increasing their solubility.

SODA, CARBONATE.—This preparation of soda has been much used of late as an antacid and deobstruent. Hence its utility in removing heartburn, which frequently depends on the presence of superabundant acid in the stomach. As a lithontriptic, in cases of uric gravel, it may be given in doses of from ten to forty grains, dissolved in water ; its taste is less nauseous than the carbonate of potash, and thence is in more general use in dyspepsia and acidities in the stomach. It has been given on the Continent for the cure of bronchocele, and Mr. Peschier considers it much more efficacious than icline. Twenty grains of carbonate of soda, taken the last thing on going to bed, will frequently procure sleep, when all sedatives have failed. This generally occurs when the patient is suffering from

a superabundance of acid on the stomach. A few grains of carbonate of soda, added to a small portion of Peruvian bark and Virginia snake-root, have been given as an effectual remedy in ague and fever. In doses of from ten grains to one drachm it has been highly recommended in whooping-cough; and, in still larger doses, as a remedy for tic douloureux. Thirty grains of carbonate of soda and tartaric acid, mixed together in half-a-pint of water, form an agreeable effervescing draught, which is slightly aperient.

SODA, MURIATE (*Common Salt*).—According to physiologists, salt is an important ingredient in the blood, but, as they have not decided in what way it produces its good effects, I may venture to state that it probably acts as a stimulant to the alimentary canal, and assists the digestive juices. Salt is considered particularly necessary as a condiment to extremely fat meat.

SODA, PHOSPHATE—Is a very gentle purgative, frequently used in France, on account of its taste being less unpleasant than the other purgative salts; it is well calculated for children, as it may be given in broth without being detected. It operates in doses of from six drachms to two ounces.

SODA, SUBCARBONATE, (*Sal Soda*).—The medical uses of this preparation of soda are the same as those of the subcarbonate of potash (salt of wormwood), but it is more frequently exhibited, because it is not so caustic. It is preferred to the latter in cases of acidity of the stomach, in dropsies, scrofulous diseases, and hooping-cough. In small doses, and diluted in water, it proves a diuretic.

SOLUBLE TARTAR.—This salt is a valuable purgative; operating easily, and without griping, and even correcting the griping properties of many other medicines. It is given in doses of from two to six drachms. When combined with rhubarb, senna, and aromatics, it is a useful aperient for children.

SOLUTIONS OF ACETATE, MURIATE, AND SULPHATE OF MORPHINE.—These preparations exert a very powerful narcotic influence on the system, without acting at the same time as a stimulant, like opium. They are therefore preferable, in most instances, to opium, or its preparations. The dose of

either is from six to twenty-four drops. They are considered to be double the strength of laudanum.

SPERMACETI.—Is emollient and demulcent, given in the form of emulsion in doses of from half-a-drachm to a drachm and a half, in coughs, &c., suspended in water by yolk of egg. It is also used in making ointments.

SPIRIT OF AMMONIA, FÆTID.—A stimulating antispasmodic, often exhibited to children against convulsions, and to females for hysteric and nervous affections. The dose is from half-a-drachm to one drachm.

SPIRIT OF AMMONIA, SUCCINATED.—This preparation is much esteemed as a stimulant and nervine medicine, and is employed, internally and externally, against spasms, hysterics, faintings, and the stings of insects. The dose is from ten drops to half-a-drachm.

SPIRIT OF ANISEED. — A stimulating carminative and stomachic, calculated to relieve flatulency, colic, and spasmodic affections of the bowels. The dose is from half-a-drachm to one drachm.

SPIRIT OF CAMPHOR.—This preparation is principally useful as an external application. Combined with olive-oil, or compound soap liniment, it forms a valuable application to strains and parts affected with chronic rheumatism; and is often used with success as a discutient embrocation to chilblains. It is also much recommended by many eminent dentists for the mouth and gums.

SPIRIT OF HARTSHORN.—This preparation possesses nerve and stimulating powers, and is beneficial, in doses of from thirty to sixty drops in water, in nervous affections, debilities, flatulency, and acidity from dyspepsia. An Italian physician has lately recommended spirit of hartshorn in the dose of a large tea-spoonful to a dessert-spoonful in a glass of water, to counteract and remove the intoxicating effects of vinous and spirituous liquors. Combined with oil, it forms an excellent liniment for sore throats.—*See Spirit of Sal volatile*, for further directions as to this article.

SPIRIT OF LAVENDER, COMPOUND.—An elegant and useful antispasmodic and stimulant, in very general use against

nervous diseases, lowness of spirits, and weakness of the stomach. It is given in doses of from forty to eighty drops on a piece of sugar, or in a glass of water or wine. Thirty or forty drops of sal volatile, with the same quantity of spirit of lavender, frequently relieve a nervous headach.

SPIRIT OF MINDERERUS.—When assisted by warmth and plentiful dilution, this preparation is an excellent and powerful sudorific in colds, fevers, &c.; and as it operates without quickening the circulation or increasing the heat of the body, it is admissible in febrile and inflammatory diseases, in which the use of stimulating sudorifics are attended with danger. It may be taken to the extent of half-an-ounce two or three times a-day in a glass of any fluid. The following draught may be taken at night on going to bed to allay the restlessness and irritation that often attends a common cold :—

Take of Mindererus's Spirit,

Camphor Julep, each six drachms ;

Syrup of Poppies, one drachm ;

Antimonial Wine, fifteen drops ;

Mix.

Externally, Mindererus's spirit is employed as a lotion to inflamed surfaces, and when diluted with rose-water, it is an excellent collyrium in chronic ophthalmia; and, still more largely diluted, is occasionally used as an injection in the commencement of gonorrhœa. If the operation of this diaphoretic medicine be not aided by warmth, it is apt to act upon the kidneys, and prove diuretic.

SPIRIT OF NITRE—Is much employed as a refrigerant in febrile affections; and, as a diuretic, it is frequently of great use in dropsy. Half-an-ounce of spirit of nitre, mixed with a pint and a half of spring water, and taken during the day, is an excellent and efficacious beverage in fevers of every description. Twenty or thirty drops in a little water allay fever, quench thirst, and promote the secretion of urine. A tea-spoonful of spirit of nitre, mixed with a small quantity of simple oxymel and syrup of poppies, often allays that troublesome tickling sensation in the throat which attends a common cold.

SPIRIT OF SAL VOLATILE.—This volatile aromatic spirit is

more pleasant to the palate, and a more powerful stimulant, than spirit of hartshorn. It is frequently found a convenient remedy for lowness of spirits, hysterical affections, spasms, or fainting fits, for which purposes it may be taken in the dose of a drachm either on a lump of sugar or mixed with camphor julep. Thirty or forty drops of sal-volatile is frequently given in any convenient vehicle to correct the acidity that often offends the stomach in dyspeptic persons. When any of the stronger preparations of ammonia are not at hand, sal volatile may be used as a stimulus to the nostrils, in cases of fainting.

SPIRIT OF TURPENTINE.—In large doses this spirit acts as a purgative ; and in small doses as a diuretic. It has been used with advantage, in the dose of ten drops to one drachm, in lumbago. Ten or fifteen drops is frequently given as a stimulating diuretic, and is prescribed in gleet and other similar cases in which copaiba is used. Twenty or thirty drops, taken two or three times a-day in a little water, are an effective stimulant in chronic rheumatism. A mixture of ten drops with one ounce of almond-oil, introduced upon cotton into the ears, is serviceable in cases of deafness from a diseased action of the cerumeniferous glands. For removing tape-worms from the bowels, spirit of turpentine is given in doses of from half an ounce to two ounces, repeated night and morning till the bowels are evacuated, and the worm dislodged ; and should the second dose not operate, some castor-oil should be given to aid its purgative powers. Dr. Copland strongly recommends this article in violent attacks of cholera morbus, and in various states of low and malignant fevers, both internally and as an external application in the form of warm epithems. Externally, spirit of turpentine is also applied to indolent tumours ; to bruises, sprains, and chilblains, after the inflammatory action has subsided.

SPIRIT OF WINE, RECTIFIED—Is one of the most energetic diffusible stimulants, both in its combined and uncombined state. It is used in pharmacy to prepare elixirs and tinctures, and it seems to increase the action of a great number of medicinal substances. It is seldom employed alone ; but in the state of brandy, &c., it is daily used as a table drink ;

rubefacient, and, diluted with water, as a tonic, astringent, and refrigerant, under various circumstances. Every country has its peculiar spirituous liquor. Brandy, or *eau de vie*, is the spirit of France, which is made chiefly from wine. It is a mixture of various proportions of alcohol and water, flavoured by a volatile oil contained in the skin of the grape. It is not naturally coloured, but receives its brownish orange hue from burnt sugar. Geneva, or Hollands, is distilled from fermented malted barley, and flavoured with juniper-berries. This spirit was formerly kept in the apothecaries' shops, and sold as a diuretic ; but, as the common people drank it with avidity, it soon became an article of trade. Scotch and Irish whiskey are modifications of the same spirit, devoid of the juniper-oil ; and the English gin is also the same kind of spirit, but of an inferior quality, rectified with the oil of turpentine. Rum is prepared chiefly from fermented uncrystallisable sugar or molasses, and the scummings of the boilers used in the manufacture of sugar in the West Indies. Wine, the next combination of alcohol with other vegetable principles, is necessarily of much older origin than spirits, as it must be produced before spirits can be formed. The habitual use of alcoholic liquors, besides the moral degradation which they produce, gives rise to various diseases and organic lesions, the more important to be studied, on account of their frequent occurrence, in consequence of the large quantity consumed of these liquors. Besides occasionally inducing dyspepsia, dropsy, epilepsy, apoplexy, paralysis, and ordinary mania, they produce a peculiar maniacal affection, accompanied by tremors of the limbs, called *delirium tremens*. In a few rare cases, from the excessive and long-continued use of this stimulus, it has produced a decomposition of the body, more or less extensive, as if destroyed by fire.

SPONGE, BURNT.—Was formerly used in medicine for the removal of bronchocele and scrofulous complaints, in the form of an electuary, or of a lozenge, or infused in wine. The dose is from one scruple to a drachm.

SQUILL, DRIED.—See the *Oxymel*, *Vinegar*, *Tincture*, and *Syrup of Squills*.

SQUILL PILL, COMPOUND.—This pill is used as an expectorant in chronic catarrh, dyspnæa, and asthma, and, combined with calomel and digitalis, in dropsy. The dose is from four to ten grains night and morning.

STARCH.—In a medical point of view, it is to be considered as a demulcent; it forms one of the ingredients in all cough lozenges; and a mucilage prepared by rubbing three drachms of starch with one pint of water, and then boiling the mixture until it becomes a jelly, is given both by the mouth and in the form of clyster, in dysentery and diarrhœa. Milk and starch, with the addition of fresh suet, and incorporated by boiling, was the soup employed by Sir John Pringle in dysenteries, when the mucous lining of the intestines was injured.

STAVESACRE—Was formerly used as a masticatory for toothach; but is now confined to external use, in some kinds of cutaneous eruptions, but more especially for destroying lice and other insects; for which reason it is called louse-wort. The alkali called delphinia, or delphine, discovered by Messrs. Lassaigne and Fenuelle, has been extensively employed in the form of ointment, and sometimes with success, by Dr. Turnbull, in nervous and rheumatic affections.

STRAMONIUM.—The action of stramonium upon the animal economy is similar to that of belladonna. It has been recommended as an antispasmodic, in the treatment of convulsions and rheumatism. In the East it is frequently smoked to relieve asthma. It is given in the form of extract and tincture, but is seldom resorted to on account of the uncertainty of its operation.

STYCHNINE—Is one of the most active poisons. Dr. Christison says, “I have killed a dog in two minutes with a sixth of a grain, injected in the form of alcoholic solution into the chest; I have seen a wild boar killed in the same manner, with a third of a grain, in ten minutes; and there is little doubt that half-a-grain, thrust into a wound, would kill a man in less than a quarter of an hour.” Notwithstanding its poisonous qualities, it is used in medicine, and, whether given in the form of *nux vomica*, or in its purer form of *stychnia*, it

acts very beneficially in some kinds of paralysis, and in a few other diseases where the nervous system is chiefly affected. The dose of stychnine is one-sixteenth of a grain, made into a pill thus :—

Take of Stychnine, one grain ;

Conserve of Roses, half-a-drachm.

Mix well together and divide the mass into sixteen pills. One may be taken night and morning.

If violent twitchings of the limbs be observed during the exhibition of this medicine, it should be immediately discontinued.

SUGAR OF LEAD—Is astringent, and must be used with great caution internally. The dose is half-a-grain to one grain: it is given combined with opium, for the purpose of stopping pulmonary and uterine hæmorrhage. It is also useful in protracted diarrhœa. Externally, it is often employed for the same purposes as Goulard Water.

SULPHUR, FLOWERS OF.—Stimulant, laxative, and diaphoretic. It is used both internally and externally in cutaneous diseases, particularly the itch. As a laxative, sulphur is given in rheumatism, gout, and asthma, and, when combined with the lenitive electuary and cream of tartar, it is administered as a cooling aperient for persons afflicted with piles. The dose is one scruple to one drachm.

SULPHUR, MILK OF—Is used in the same manner as the above; and for internal use is considered preferable to the flowers, having less taste and smell, and not being so gritty.

SYRUP OF BUCKTHORN.—In doses of three or four spoonsful, this syrup operates as a brisk purgative. The principal inconvenience attending it is that it is very unpleasant, and occasions a thirst and dryness of the mouth, and sometimes violent griping. These effects may be prevented by drinking liberally of water-gruel, or other warm liquids, during its operation. It is much used in veterinary practice.

SYRUP OF GINGER—Stimulant and carminative; and is an useful adjunct to bitter and tonic infusions.

SYRUP OF LEMON—Is a very pleasant, cooling, and acid

syrup, which may be exhibited with advantage in febrile and bilious affections.

SYRUP OF MARSHMALLOW—Is emollient and demulcent, and is given to allay tickling coughs, hoarseness, &c. in conjunction with other remedies.

SYRUP OF MULBERRIES.—A very pleasant, mild aperient, and may be given with advantage to children.

SYRUP OF POPPIES.—This syrup, when fresh and properly prepared, is an excellent opiate; and in the dose of one or two drachms, it is serviceable in allaying irritation and producing sleep, in cases where it is desirable to avoid opium in other forms.

Syrup of poppies is often administered as a sedative to children, but is in every way objectionable. No form of opium should ever be given to children, except in cases where it is absolutely required, and under proper medical advice.

SYRUP OF SQUILLS—Possesses the same properties as the oxymel of squills.

SYRUP OF TOLU—Is used for coughs, and to impart its agreeable flavour to draughts and emulsions.

SYRUP OF VIOLETS.—This syrup acts as a gentle laxative when given to children; but it is chiefly used as a test of the presence of acids and alkalies.

TAMARINDS—Are a weak but an agreeable laxative. From the extent of the dose which is required to move the bowels, they are seldom given alone, but generally in conjunction with some neutral salt, or with rhubarb, or infusion of senna. Tamarind-whey, made by boiling two ounces of the fruit with two pints of milk, and straining, is an excellent diluent in fevers.

TAPIOCA—Is used for making puddings and other nutritive articles for invalids, in a similar way to arrow-root, sago, &c.

TARTAR EMETIC—Is capable of fulfilling a variety of important indications in disease, either alone or in combination with other medicines. In doses of from one to three grains it proves an emetic and sometimes cathartic; in doses of one-eighth or one-fourth of a grain it excites nausea, and acts principally

upon the skin; in doses of one-sixteenth of a grain it assists the action of expectorants, and is sometimes combined with squills, ammoniacum, &c. for that purpose. *The best mode of administering it alone, as an emetic, is the following:—*

Take of Tartar Emetic, three grains;
Camphor Julep, four ounces.

Mix, and take a fourth part every quarter of an hour, until vomiting is produced.

One grain of tartar emetic, mixed with ten or fifteen grains of ipecacuanha, is a more certain emetic than the above. At the commencement of many febrile diseases, such as small-pox, whooping-cough, measles, and foulness of the stomach, it generally proves more successful than ipecacuanha; but in fevers attended with debility, ipecacuanha should be preferred. For children, emetic tartar is not so safe for an emetic as ipecacuanha powder. In minute doses, and combined with calomel, tartar emetic has been found a powerful yet safe alterative in obstinate eruptions of the skin. Mixed in the proportion of a drachm and a half, or two drachms, with one ounce of lard, it is also occasionally employed externally, as a means of producing irritation and a pustular eruption upon the skin, and is used against rheumatic pains, white and other obstinate swellings, and various internal diseases.

TINCTURE OF ALOES. — This preparation possesses stomachic and purgative qualities, but should never be given where there is a tendency to piles. The dose is from four drachms to one ounce.

TINCTURE OF ALOES, COMPOUND — Is a more stimulating compound than the above. The dose is from half-a-drachm to two drachms. It is frequently given as an emmenagogue, and in the obstinate constipation of elderly women.

TINCTURE OF ALOES AND MYRRH — Is used chiefly as a laxative, tonic, and emmenagogue, in green-sickness and other disordered states of health in females, connected with retained, suppressed, or deficient menstruation, and with constipated bowels. The dose is one or two drachms in water.

TINCTURE OF ALOES, ETHERIAL. — This differs from the

preceding tincture only in containing ether, which adapts it to the treatment of cases complicated with spasm or irregular nervous action. The dose is the same as the above.

TINCTURE OF ASSAFŒTIDA—Is given in the same cases as assafœtida, in doses of one drachm or more.

TINCTURE OF BALSAM OF TOLU—Is sometimes used for relieving obstinate coughs, attended by difficult expectoration, when no inflammatory symptoms are present. The dose is from twenty to sixty drops in a little barley-water, honey, or mucilage of gum Arabic.

TINCTURE OF BARK.—The dose is from one drachm to one ounce. (*See Bark.*)

TINCTURE OF BARK, COMPOUND (*Huxham's*).—This tincture has long been in great repute, as one of the best preparations of bark; but the discovery of quinine has shewn that it is not so good as had been supposed. The dose is from one to three drachms. It is a grateful stomachic in dyspepsia. (*See Bark*).

TINCTURE OF BENJAMIN, COMPOUND (*Friar's Balsam*)—Is given in doses of from half-a-drachm to two drachms, mixed with mucilage, yolk of egg, or water, as a stimulant, expectorant, and antispasmodic, in chronic catarrh and asthma. Externally, it is used as a styptic for the cure of wounds, cuts, &c.; but it is very improper, from its stimulant and irritating properties.

TINCTURE OF BUCHU LEAVES—Is given in doses of from one drachm to half-an-ounce, in decoction of marshmallow, for urinary irritation, gravel, spasmodic stricture, gleet, fluor albus, &c., and is considered a valuable remedy for the above diseases.

TINCTURE OF CALUMBO—Is a good stomachic, in the dose of three or four drachms in a wine-glassful of water.

TINCTURE OF CAPSICUM—Is a good stimulant, in doses of half-a-drachm or more, in low typhus, gangrene, &c. A mixture of two drachms with half-a-pint of barley or rose-water, and six grains of sulphate of zinc, or of sulphate of alumina, will answer all the purposes of the Cayenne gargle, which is much used for relaxed sore-throats.

TINCTURE OF CARDAMOMS—Is a powerful stimulating carminative. In spasm of the stomach, an ounce, with some other diluted stimulant, or any carminative water, is given with advantage. The dose may vary, according to circumstances, from half-a-drachm to an ounce and upwards.

TINCTURE OF CARDAMOMS (*Compound*)—Is also a useful and elegant carminative and cordial. It may be given in the same doses as the above.

TINCTURE OF CASCARILLA—Is a stimulating aromatic tonic, which may be exhibited in debility of the bowels and stomach, and in those cases of fever in which the Peruvian bark proves purgative. The dose is from half-a-drachm to two drachms.

TINCTURE OF CASTOR.—A powerful stimulant and anti-spasmodic, mostly exhibited in hysterical affections in a dilute form. The dose is from half-a-drachm to two drachms.

TINCTURE OF CATECHU—Is an aromatic astringent, generally given in protracted diarrhœa. The dose is from a tea-spoonful to a table-spoonful, usually combined with chalk mixture.

TINCTURE OF COLCHICUM, AMMONIATED.—Dose from twenty to sixty drops in camphor julep. *See Colchicum.*

TINCTURE OF CUBEBS.—Dose, one or two tea-spoonsful three or four times a-day, in barley-water. The following mixture is sometimes very beneficial in diseases of the bladder, and of the urinary passages, and in gonorrhœa and gleet:—

Take of Oil of Almonds, one ounce ;

Mucilage of Gum Arabic, an ounce and a half.

Mix, and add by degrees,

Distilled Water, three ounces ;

Tincture of Cubebs, one ounce ;

Spirit of Nitre, half-an-ounce ;

Syrup of Poppies, one ounce.

Mix, and take three table-spoonsful three times a-day.

TINCTURE OF FOXGLOVE—Is frequently administered as an anodyne in palpitations, spitting of blood, asthma, nervous coughs, and in the last stage of consumption. In dropsy,

benefit has been obtained from its powerful diuretic action. The dose is from five drops gradually and cautiously increased to thirty. From the great care required in administering this tincture, it should only be given under the direction of a physician.

TINCTURE OF GENTIAN — Is an excellent stomachic, bitter, and cordial, and is usually taken for debility of the stomach and loss of appetite. The dose is from one to three drachms, in plain water or camphor julep.

TINCTURE OF GUAIACUM, VOLATILE — Is a valuable sudorific in chronic rheumatism. It may be given at bed-time, in doses of one or two drachms, triturated with mucilage, honey, or milk; and followed by warm drinks, such as ginger-tea, decoction of bark, &c.

TINCTURE OF JALAP — Is given in doses of from one drachm to half-an-ounce as a cathartic, and is frequently taken in conjunction with the infusion of senna and Epsom salts, to increase their activity.

TINCTURE OF KINO — Is administered in diarrhœa, the latter stage of dysentery, fluor albus, and in all cases in which astringents are indicated. The dose is from one to two drachms, generally combined with the chalk mixture.

TINCTURE OF MYRRH — Is chiefly used externally as an application to ulcers that require to be stimulated; also as a wash for the mouth when the gums are spongy. Combined with tincture of bark, infusion of roses, and acids, it forms an excellent gargle in putrid sore-throat, and in the last stage of thrush. The odoriferous tincture of myrrh is an agreeable and excellent application for these purposes.

TINCTURE OF RHATANY. — Rhatany-root has long been employed by the Peruvians as an astringent in dysentery; they also used it as a tooth-brush to give firmness to the gums and impart a fine red to their lips. In combination with charcoal, in the proportion of one part to three of the charcoal, it forms an excellent tooth-powder. The tincture of rhatany has long been recommended, mixed with an equal quantity of rose-water, as an astringent wash for the gums.

TINCTURE OF RHUBARB — Is an excellent remedy in cases

of flatulent affections of the bowels attended with griping pains, and in diarrhœa free from inflammation ; but it should not be indiscriminately administered in every case of pain in the bowels, on account of the stimulating nature of the spirit with which it is prepared. The dose may vary from four to eight drachms, mixed with peppermint-water, according to circumstances. Two tea-spoonsful of this tincture, taken an hour before dinner daily, frequently give energy to the stomach, and promote digestion.

TINCTURE OF RHUBARB, COMPOUND.—Is given in doses of from one to two drachms as a cordial stomachic, and from six to eight drachms as a purgative, but under the same restrictions as the above simple tincture.

TINCTURE OF SENNA — Carminative and aperient, in doses of from two to eight drachms.

TINCTURE OF SENNA, COMPOUND.—This tincture often relieves flatulent complaints and colics ; the dose is from two to eight drachms. It is said to be similar to the well-known nostrum called Daffy's elixir.

TINCTURE OF STEEL, MURIATED — Is an active preparation of steel, and is given as a tonic and diuretic, in doses of from ten drops, cautiously increased to one drachm, for dyspepsia and debility. It is frequently conjoined with infusion of quassia, chamomile, and tincture of calumbo, and, if the bowels become costive, with Epsom salts. Combined with aloetics and anti-spasmodics, in the following manner, it is an effective emmenagogue, as well as beneficial in leucophlegmatic habits : —

Take of Tincture of Muriate of Steel,

Compound tincture of Aloes,

Tincture of Valerian, of each half-an-ounce.

Mix, and take a tea-spoonful two or three times a-day in chamomile tea.

TINCTURE OF VALERIAN, AMMONIATED. — In doses of from one to two drachms, mixed with milk, camphor julep, or ethereal preparations, it is an excellent stimulant and antispasmodic.

TOBACCO.—The history of this plant, which was brought into fashion in England by Sir W. Raleigh, is very interesting. It is the indigenous production of a little spot, the Island of

Tobago. It has engaged the attention of the sordid, and enchanted the wise. Every where its powers are felt, and its fascinations acknowledged. The Arab cultivates it in his burning deserts. The Laplander risks his life, amidst the snows, to procure it. No privation is too severe to the seaman or the soldier, while he commands this luxury. Even polished man, with all the comforts of elegant society, often cannot dispense with his snuff or his cigar. The use of this plant produces very different effects on different constitutions; some get readily habituated to it, while others suffer nausea, vertigo, vomiting, and general depression from it. Smoking it to excess is said to destroy the tone of the stomach, and cause general emaciation. It is, likewise, particularly injurious to lean, hectic, and hypochondriacal persons: it creates an unnatural thirst; leads to the use of spirituous liquors; increases indolence; confirms the lazy in the habits they have acquired; and, above all, it is pernicious to youth, laying the foundation of future misery. At the same time, there is reason to believe that it is not injurious to seamen, soldiers, and others who live in cold and moist climates, and are much in the open air.

Frequent smoking makes the teeth yellow and black, and, when carried to excess, is said to impair the mental faculties.

Tobacco is used medicinally as an errhine, in the form of snuff; as a sedative and expectorant, in the form of smoke; and as an antispasmodic, stimulant, and sedative, in the form of infusion. A decoction of the leaves is much esteemed as an external application in some diseases of the skin, particularly the itch. The fumes and the decoction are employed by injection in obstinate constipations of the bowels, and frequently with success; it is necessary, however, to be cautious against an effect sometimes produced by its exhibition, namely, fainting, with cold sweats. Its incautious and inappropriate use has even occasioned death.

TURNER'S CERATE—Is generally employed for dressing broken chilblains, burns, and scalds.

UVA URSI. — The leaves of this plant are astringent and tonic. They are used in calculous and nephritic disorders, and in various fluxes. The dose of the powdered leaves is

from one scruple to one drachm, three or four times a-day. The infusion, made by pouring half-a-pint of boiling water upon two drachms of the leaves, and allowing it to macerate for three hours, may also be given in doses of from one to two ounces three times a-day.

VALERIAN ROOT—Is in very general use as an anti-spasmodic, and is given in convulsive and hysterical diseases. The dose of the powdered root is from one scruple to one drachm two or three times a-day. The infusion, made by pouring a pint of boiling water upon half-an-ounce of the root, and mixed with compound spirit of lavender and the ammoniated tincture of valerian, is given with advantage in hysterical and other nervous affections, when the stomach cannot bear the powder.

VERATRINE.—A new vegetable alkali, discovered by Pelletier and Caventon; and much used, in the form of ointment, by Dr. Turnbull, in rheumatic and neuralgic affections.

VINEGAR—Is sometimes employed as a refrigerant in febrile affections, being added to any common diluent. Externally, it is used as an application to burns, and as a discutient. Its odour is grateful when it is sprinkled on the floor of the chamber of the sick in typhoid fevers; and the virtue has been ascribed to it of neutralising noxious or contagious effluvia. The vapour of vinegar is frequently inhaled for the relief of inflammatory sore-throat.

VINEGAR, DISTILLED—Similar in properties to the above. It is employed in pharmacy as the solvent of the active matter of several vegetable substances.

WATER, DISTILLED—Is employed in a great variety of chemical processes, and for preparing many medicines; but on account of the trouble of procuring it in large quantities, it is seldom used to any extent, either in the preparation of food, or as a drink. Heberden considered that a course of distilled water would be as beneficial in many chronic pains of the stomach and bowels, as the most celebrated mineral waters are in other disorders. A medical practitioner of eminence in Kent ascribed his relief from dyspeptic affections, under which he had long laboured, to the constant use of distilled

water, to which he was led by the work of Dr. Lamb, whose observations on water are very interesting.

Cold water is frequently applied as a sedative in local inflammations, and as a means of restraining hæmorrhage. It is, however, inadmissible in inflammations of the chest.

WINE OF ALOES—Is given as a stomachic, in doses of from one to two drachms, and, as a purgative, in doses of from one to two ounces. It has been prescribed with advantage in chlorosis and dyspepsia, and affections of the mesenteric glands of children.

WINE, ANTIMONIAL—Is a diaphoretic or emetic, according to the extent of the dose. In doses of ten drops to one drachm, in any proper vehicle, repeated every three or four hours, it usually excites diaphoresis; but it is principally used as an emetic for children, a tea-spoonful being given every five or ten minutes until vomiting is excited.

WINE OF COLCHICUM ROOT—Is administered with great advantage in inflammatory and painful nervous affections, such as gout and acute rheumatism; diminishing the force and frequency of the pulse, allaying the pain, and cutting short the paroxysm. The usual dose of colchicum-wine is from thirty drops to one drachm and a half; but the quantity administered must be proportioned, of course, to the age and strength of the patient. The following is a good form for its administration:—

Take of Colchicum Wine, twenty-five drops;
Carbonate of Magnesia, one scruple;
Pimento Water, and
Distilled Water, each half-an-ounce.

Mix and make a draught, which may be taken when the paroxysms of pain are violent, or at bed-time.

WINE OF COLCHICUM SEEDS.—This preparation possesses the same medicinal properties as the root, and is administered under similar circumstances. Dr. Williams, of Ipswich, states that such is the uniform mildness with which this preparation acts, that it requires no particular care in the patient, nor anxiety on the part of the medical attendant, and is therefore preferable to the wine prepared from the root.

WINE, IPECACUANHA.—This preparation is often used as an emetic, especially to children, to whom it can be given without difficulty. Its dose is one ounce to an adult, one drachm to a child a year old. In doses of twenty to forty drops it is diaphoretic, and may be given in coughs, diarrhœa, and other complaints in which a determination to the skin is indicated.

WINE OF OPIUM.—This preparation is nearly the same strength as laudanum, and is given under similar circumstances. Mr. Ware has applied the wine of opium to the eye in cases where, after active inflammation has been subdued, the vessels remain turgid; two or three drops of it being introduced under the eyelids.

WINE, RHUBARB.—Is a warm, cordial medicine; but the tincture is in general preferred as more uniform, and not liable to decomposition.

WINE, STEEL.—Is chiefly employed in chlorosis and the relaxed habits of young females. The dose is from one to six drachms, given two or three times a-day in any aromatic water.

ZINC, ACETATE.—The acetate of zinc is said to operate actively and very promptly as an emetic, in doses of from five to ten grains, and seems to be adapted to all the purposes for which the sulphate of zinc is proposed.

ZINC, SULPHATE.—This preparation is a powerful emetic. It is not employed in common cases, where emetics are indicated, but is had recourse to, as it operates speedily and with much force, in cases where it is of importance that the contents of the stomach should be immediately evacuated, or where it is difficult to excite vomiting, as where any narcotic poison has been swallowed. Its dose is from five to twenty grains, according to the state of the stomach, and it should be given dissolved in three or four ounces of water. Sulphate of zinc has been employed also as an astringent in chronic dysentery, and in the treatment of whooping-cough; but from its emetic power its operation is liable to be harsh, and is not easily regulated.

Two grains dissolved in one ounce of water is employed

as an injection in gonorrhœa when the inflammatory state has subsided, and in gleet ; and it frequently succeeds in checking the discharge, apparently from its astringent power. A solution of nearly the same strength is used as a collyrium in ophthalmia. In combination with alum it forms a very styptic liquor, which may be used for stopping hæmorrhage and checking increased discharges, externally applied.

THE MEANS OF COUNTERACTING THE EFFECTS OF POISONS TAKEN INTO THE STOMACH.

FEW diseases demand such prompt assistance as cases of poisoning, and there are few the treatment of which requires such precise knowledge. Hence the necessity of the study of the different remedies, which experience has shewn to possess the power of counteracting the effects of poisonous substances. Where a poisonous substance has, either through accident or design, been introduced into the stomach, three important objects are, if possible, to be attained.

1. The immediate ejection of the poison from the stomach by vomiting, or by the application of the stomach-pump (a representation of which will be given at the end of this work), and by purging.

2. The decomposition of any remaining portion, and the adoption of measures best calculated to obviate its action on the system.

3. To anticipate the occurrence of the consecutive phenomena, and to combat them by appropriate treatment, thus :— Where the exhaustion of nervous energy is to be feared, as after taking *Prussic Acid*, ammonia and other diffusible stimulants, together with external warmth, will furnish the best resources.

Inflammation must, of course, be opposed by bleeding and the antiphlogistic system. In cases where the brain is stupified, the symptoms must be combated by vegetable acids, the affusion of cold water, or the application of ice upon the head, &c. ; and, should it be in a state of preternatural excitement, recourse must be had to sedatives. In short, no general

rule can be laid down for the treatment of consecutive poisoning; the medical attendant must be guided entirely by circumstances.

VEGETABLE POISONS.

Opium and its preparations.—When an over-dose of any of the preparations of opium has been taken, the contents of the stomach should be removed by means of the stomach-pump: if this should not be at hand, vomiting should be excited as speedily as possible. The emetics to be preferred are sulphate of zinc, or sulphate of copper. The latter is, perhaps, the most effective, and may be given in the dose of ten grains, dissolved in two ounces of warm water, and repeated after a quarter of an hour, if necessary. If these do not act in a few minutes the stomach-pump must be employed. If great drowsiness, coma, stupor, and fainting, come on, cold water should be poured in a stream upon the crown of the head, at short intervals, as recommended and shewn to be efficacious by Dr. Copland. The person should also be kept in constant motion and exercise by able assistants. If the pulse become very weak, wine, brandy, and ammonia, should be given in small quantities, and the cold affusion on the head repeated. Acids should not be given till we are convinced no opium remains on the stomach. Coffee may be drank freely. Saline purgatives and effervescing draughts may be administered when the patient is recovering, when also cathartic injections may be prescribed.

Children are frequently very much injured, and sometimes destroyed, by the too free use of syrup of poppies: it gives rise to drowsiness, insensibility, and convulsions. The treatment in this case should consist chiefly of ammonia, weak brandy, and wine, with the warm bath.

Henbane, Hemlock, Belladonna, Hellebore, Colchicum, &c. produce symptoms very similar to opium, and require the same mode of treatment.

Prussic Acid occasions nausea, vertigo, vomiting, sense of suffocation, and almost immediate death, if concentrated, or taken in larger quantity. The mere act of smelling to it

produces a sense of suffocation and giddiness. The essential oil of bitter almonds contains a considerable proportion of prussic acid, but the almonds themselves may be eaten with impunity in moderation. The treatment consists of the exhibition of ammonia, brandy, and oil of turpentine in small doses, conjoined with the affusion of a stream of cold water on the head, and artificial respiration, if required.

ANIMAL POISONS.

Spanish Flies.—No antidote is known for Spanish flies; the only method of relieving the patient is to empty the stomach with the stomach-pump, give mucilaginous draughts, and to treat the case as if it were one of inflammation of that organ. Oil, however, should be carefully avoided, it being the best solvent of canthariden, and consequently rendering this substance more injurious.

Bite of a Mad Dog, Bite of Snakes, venomous Serpents, &c.—The parts bitten should, if possible, be instantly removed by excision, then immersed in warm water; after which, some caustic application should be made to the entire surface of the wounded part. In the West Indies eau de luce is much used as a caustic. Brandy, ammonia, and other stimulants, with opiates, should be given.

Mussels, Lobsters, Crabs, and other Fish.—The treatment, when these prove injurious, consists in emptying the stomach by emetics, and relieving the bowels by some mild purgative. If much depression of vital power, with irritability of stomach, be present, stimulants, especially cayenne pepper, should be given freely.

MINERAL POISONS.

Arsenic.—As we possess no antidote for this poison, our object should be to expel it immediately from the stomach by a dose or two of a solution of sulphate of zinc. Milk, white of eggs, and mucilaginous drinks, should be taken freely, to encourage the vomiting and cleanse out the stomach. Emollient clysters should also be given, to remove any of the arsenic which may have escaped into the large intestines. Sulphurets of potash and soda, lime water, and alkalies, have

been used with the idea of counteracting the effects of this poison, but with little or no success. The inflammatory symptoms must be combated by the usual antiphlogistic means. The debility, paralytic affections, and generally broken-down health consequent upon this poison, are afterwards to be encountered by tonics, sea-bathing, warm and cold, nervous stimulants, and a strict attention to diet, which should be nutritive, but light, and consist of milk and farinaceous food in preference to animal diet.

Corrosive Sublimate.—The white of eggs and milk should be administered immediately. The gluten of wheat, also, which is best given in the form of emulsion with soft soap, is an efficacious antidote to this substance ; but in the absence of gluten, wheat-flour diffused through water may be used. Barley-water and linseed-tea should be given freely to wash out the stomach effectually. The bowels should of course be attended to ; and saline purgatives and emollient clysters prescribed, if necessary.

Tartar Emetic.—The decoction of oak bark, infusion of galls, sulphuret of potash, and common tea, all decompose tartar emetic, which should be given freely ; mucilaginous drinks and milk are also proper. Should the stomach continue very irritable, opiates are requisite.

Butter of Antimony.—The treatment of this poison is the same as that for tartar emetic.

Verdigris.—This preparation is seldom taken or given intentionally as a poison ; but from neglect and want of cleanliness, in leaving acid and vegetable substances in copper vessels, these sometimes become corroded, and the poison produced is sometimes mixed with the food. Where this takes place, milk, white of eggs, sugared water, and mucilaginous drinks, should be given freely. If spasms of the bowels be severe, opiates may be prescribed, and the bowels evacuated by some mild purgative. Wines sometimes contain preparations of copper, which act in a similar way, and which require the same treatment. Vinegar should on no account be given.

Preparations of Lead.—Sugar of lead, Goulard's extract, red lead, and white lead, are all poisonous. If they do not

occasion full vomiting, it will be proper to exhibit an emetic of sulphate of zinc. Epsom or Glauber salts, or magnesia, dissolved in mucilaginous drinks, should be taken every five or ten minutes; opiates to allay the spasm of the bowels; the warm bath, castor oil, and purgative clysters, composed of infusion of colocynth, or senna and salts, are also requisite.

MINERAL ACIDS.

Oil of Vitriol, Aqua Fortis, Spirits of Salts. — In all cases where either of these acids have been swallowed, the antidotes must be immediately administered, or they will be useless. Calcined magnesia or chalk, suspended in water, or, in the absence of these, the plaster of the room should be beaten down, and made into a thin paste with water. A solution of soap, made by dissolving one pound of soap in four pounds of water, may also be useful. While the antidote is being prepared, the patient should be made to drink freely of any mild fluid, such as milk, &c.

Oxalic Acid. — This preparation of late years has been often the cause of accidental death; not, as is frequently imagined, by the carelessness of the vender, but by servants and others purchasing the article for the purpose of cleaning boot-tops, &c., destroying the label, and laying it aside without any name attached to it. From the very great resemblance to Epsom salts, it is then frequently taken for that saline purgative. Nothing, however, is more easy than to distinguish them; for, upon tasting a minute portion of the acid, which may be done with perfect safety, it will be found strongly sour, whereas the salt in question is bitter. Unfortunately, however, in the instances of these fatal mistakes, no suspicions being awakened, the solution is swallowed with the greatest rapidity, and the mischief is done before the victim is aware of his danger.

In the treatment of poisoning by oxalic acid, the remedial measures must be employed with great promptitude. If the antidotes are not at hand and vomiting is not free, emetics of ipecacuanha will be proper. The stomach-pump would be useful; but there should be no delay in counteracting its

poisonous effects on the stomach, by the early and frequent exhibition of magnesia, or chalk mixed with water.

Salt Petre.—Milk or mucilaginous drinks, and sugared water, should be given in abundance. In other respects the treatment is the same as that directed for arsenic.

MEANS TO BE RESORTED TO IN CASES WHERE ANIMATION IS SUSPENDED, FROM DROWNING, HANGING, OR BREATHING DELETERIOUS AIRS.

Restoration from Drowning.—On the first alarm of any person being drowned or suffocated, send quickly for medical assistance, and while the body is being searched for, or conveyed to the nearest house, the following articles should be got ready:—warm water, a warming-pan, hot blankets and flannels, heated bricks, a pair of bellows, sal volatile, smelling salts, clyster-pipes, and an electrifying machine. When the body is found, it should be quickly conveyed to a warm and dry situation, and rubbed all over with moderate stimulants, as diluted flower of mustard; then wrapped in hot blankets, and placed in a warm bed. Apply sal volatile or smelling salts to the nostrils, and let the eyes be exposed to a strong light. But a restoration of the action of the lungs is chiefly to be aimed at; and, for this purpose, a full expiration of warm air from the mouth of a by-stander, should be repeatedly forced into the patient's mouth, and his nostrils held close to prevent its escape by that channel. Inflation may also be attempted by introducing the pipe of a common bellows into one nostril, carefully closing the other and the mouth, at the same time drawing downwards, and pushing gently backwards the upper part of the wind-pipe, to allow a more free admission of air; blow the bellows gently, in order to inflate the lungs, till the breast be a little raised; the mouth and nostrils may then be set free, and a moderate pressure made with the hand upon the chest. Stimulating injections of acrid purgatives, or camphor, ammonia, and brandy, have often been introduced with success into the rectum, and sometimes injections of warm air alone. Besides this active process, it may be possible to convey some warm and active stimulant, as ammonia or the

compound spirit of lavender, into the stomach by means of a syringe. Bladders or bottles of hot water, or heated bricks, should be applied to the pit of the stomach, the arm-pits, between the thighs, and to the soles of the feet. Returning life is first usually discoverable by the symptoms of sighing, gasping, slight palpitation or pulsation of the heart,—our efforts should then be redoubled, for the feeble spark still requires to be solicited and nourished into a permanent flame; and it has often disappeared from a relaxation of labour. A spoonful or two of warm wine, or wine and water, should now be given by the mouth, as soon as the power of swallowing is sufficiently restored; which should be shortly succeeded by a light, warm, and nourishing food of any kind, with gentle laxative clysters, a well-heated bed, and perfect tranquillity.

Recovery from Hanging.—A similar plan of treatment is necessary. Bleeding is often required from the jugular vein, to relieve the vessels of the brain and lungs; but it should only be in small quantities.

Restoration after Suffocation.—From inattention or accident, children are sometimes smothered in beds and cradles. If the body be hot, it should be exposed to a current of air, and sprinkled with cold water, the lungs inflated, and the body treated as in the case of drowned persons.

Recovery from Noxious Vapours.—The patient should be freely exposed to the open air, and, if he can swallow, acidulated liquids should be given him. If he be insensible, cold water should be dashed on his face and head, strong vinegar, and especially aromatic vinegar, be rubbed about his nostrils, and held under them; and stimulating clysters be injected, as recommended for drowning. The lungs should be inflated with the warm breath of a healthy man, or, which is better, with oxygen gas.

THE MEANS OF FUMIGATING INFECTED CHAMBERS, &c., AND PREVENTING THE PROGRESS OF CONTAGIOUS DISEASES.

The Nitrous Fumigation.—The efficacy of nitric acid in the form of gas, in arresting contagion, was first established

by Dr. Carmichael Smyth, in the year 1782, at Winchester, where he was sent by government, in consequence of a malignant fever of a most formidable nature raging there, which had carried off a great number of the officers and servants of the prison, also from two to three hundred of the prisoners. Since the above period, it has been extensively used in Newgate, in hospitals, and on board ships, with the same good effects as described by Dr. C. Smyth, who was rewarded by government with 5000*l.*, and appointed physician to the king. The gas or vapour is obtained by pouring one ounce of sulphuric acid upon two ounces of the nitrate of potash in a large tea-cup placed in a basin containing hot water; the gas required will be immediately disengaged.

This quantity will be sufficient for a small apartment, and may be used in a sick-room, provided it be placed at some distance from the patient. If the room be large, two cups should be used, and if intended to fumigate a whole house, several should be placed in various parts, closing the doors and windows for half-an-hour.

Directions for the Use of the Chloride of Lime.—To a pound of the chloride of lime add four gallons of water; stir the mixture well, and, after allowing it to settle for a short time, pour off the clear solution, and keep it in well-corked bottles.

Fumigations with the Chlorides.—The chlorides of lime and soda are the most powerful disinfecting agents hitherto discovered, almost instantaneously destroying every bad smell, and all effluvia arising from animal and vegetable decomposition, and effectually preventing their deleterious influence.

In large towns and cities suffering from infectious or contagious disorders, it is strongly recommended to sprinkle the rooms, morning and evening, with the mixture; and to place some of it in shallow dishes or basins, in the different rooms, particularly the bed-rooms.

In typhus or putrid fevers, infectious complaints, &c., the mixture should be sprinkled about the room and bed-linen occasionally, the usual precaution for renewing the air of the room being equally attended to; a wine-glassful added to the water of a night-chair or bed-pan will prevent any smell.

The bed and other linen should be immersed, about five or six minutes, in the diluted liquid, before being sent to be washed, as mere washing in the common way will not always remove the infection from the linen. When used in this manner, the linen should be immediately afterwards rinsed in fresh water, as it might be injured if allowed to dry after immersion in the mixture.

The effluvia from drains, sewers, cesspools, &c., will be destroyed, by pouring into them a quart of the mixture, added to a pailful of water, and repeating the operation until the smell ceases.

Meat sprinkled with, or immersed in, the mixture for an instant, and then suspended in the air, will keep for some time without the slightest taint, and no flies will attack it.

Tainted meat, fish, game, &c., may be rendered sweet by sprinkling them with the mixture.

Water in cisterns may be purified, and all the animalculæ destroyed, by putting into it a small quantity of the pure liquid,—say about one pint to one hundred gallons of water.

Bugs may be destroyed by well washing the joints of bedsteads, and all crevices, with the *pure liquid*.

It destroys the noxious effluvia of paints so effectually, that a room painted in the day, may be slept in at night, if sprinkled some hours before with the mixture, and if some be allowed to remain in shallow vessels.

Stables and slaughter-houses may be purified by the same process.

Directions for the Use of the Chloride of Soda.—This preparation will retain all its properties for a considerable time, if kept from the light, in a glass bottle, well stopped; and when used, it must be mixed in the proportion of one ounce, or two large spoonsful, to each pint of water.

The use of this mixture is regulated by precisely the same rules as are given for that prepared with the chloride of lime. It has been most successfully applied in the following cases, viz.—carbuncles, hospital gangrenes, gangrenous sores, ill-conditioned ulcers, ulcerated sore-throats, and fœtid discharges of every description. The proportions to be used, vary

according to the state of the disease. Frequent repetitions of a weak solution are more effectual than the stronger mixtures. This preparation is also applicable to the diseases of horses of a similar nature, and may be cured by the same means.

MINERAL WATERS.

Mineral Waters—Have been resorted to, from the earliest state of society, for their medicinal powers. Their utility is established by the test of experience, which has caused their situations, before unfrequented, to be converted into places of ease and convenience. Thus some of the most beautiful and romantic spots of this island have been brought into public notice under the denomination of watering-places, and have become celebrated for their baths and fountains of health.

MALVERN WATER.

Malvern is a village situated about half-way between Ledbury and the city of Worcester. The sanctity of its water, from its established efficacy in the cure of many chronic diseases, gave it in former times the name of the holy well, which it still retains. Its medical powers are to be referred to its remarkable purity, resembling in every respect, when first drawn, pure good soft water.

This water is principally employed as an external remedy. It has been found serviceable in painful and deep-seated ulcerations, occurring in a scrofulous habit of body, attended with local irritation and fever. On its first application to an inflamed surface, it will frequently increase the pain and irritation, which, however, go off in a few days.

The great benefit arising from its external use has led to its internal employment, and often with success; especially for disorders of the kidneys and bladder, for hectic fever, the consequence of scrofulous ulcerations of the lungs, or irritating sores on the surface of the body. In these complaints it may be used at all times of the day, constituting a common or diet drink.

During a course of this water the bowels should be kept regular by occasional doses of rhubarb or Epsom salts ; and the diet should be bland and nutritive.

MATLOCK WATER.

The village of Matlock, romantically situated in a hilly part of Derbyshire, presents to the eye one of the most striking spots of picturesque scenery. The water is used as an internal remedy in all cases where a mere diluent, having a tendency to the skin, is required. It is also employed as a bath, and is beneficial in all cases of debility that cannot support the shock of the ordinary cold-bath. It forms, on this account, a good intermediate bath between Bath or Buxton and the sea ; and may be employed to prepare the invalid for the latter.

BRISTOL HOT-WELL.

This celebrated spring is situated at the bottom of a lofty cliff, called St. Vincent's Rock, on the banks of the Avon, and about a mile distant from the city of Bristol. This water is entirely an internal remedy. It is highly salutary in several disorders of the bowels, such as bilious diarrhœas, and mild dysenteries. It has also gained much celebrity in alleviating the harassing thirst, the dry burning heat of the hands and feet, the partial night-sweats, and all those hectic and distressing symptoms occurring in pulmonary consumption.

The season for the hot-well is from the middle of May to October.

BUXTON WATER.

Buxton has long been noted for its warm springs ; and from the remains of Roman antiquity which have been discovered near it, it was probably in repute among the Romans. Buxton water is employed largely, both externally and internally. As an internal remedy, it has afforded relief in defective digestion, and in painful affections

of the kidneys and bladder, connected with the formation of calculus. Two glasses of about a third of a pint each, before breakfast, with a little exercise interposed between, and the same quantity repeated between breakfast and dinner, form a proper course of Buxton water, which should be continued according to the duration of the disease.

BATH WATER.

The beautiful city of Bath is situated in a deep narrow valley on the banks of the Avon, in the county of Somerset. This city is of considerable antiquity, being noticed by the earliest of our own historians.

The principal springs of the Bath waters are three ; and arise within a short distance of each other, near the river Avon. The King's and Queen's baths are supplied by the same spring ; but the Hot Bath and the Cross Bath by separate springs.

The diseases for which the Bath waters are celebrated, are all those where a gentle, gradual, and permanent stimulus is required, and where there is no circumstance to occasion danger from the sudden heat and increase of pulse which so often attend their exhibition. Dr. Saunders, in his treatise on mineral waters, recommends the use of the Bath springs as eminently successful in removing that languor of circulation and obstruction of the natural evacuations which characterise the frequent and distressing maladies of the female sex.

Bath is also much frequented by individuals afflicted with rheumatism, and gout, resulting from a long residence in hot climates, after the inflammatory stage of these diseases is over.

The quantity taken daily, is from a pint and a half to two pints ; and this allowance should be divided into three portions, of which two should be taken before breakfast, at different times, and one afterwards.

The morning is the time generally chosen for the bath, which is usually employed two or three times a-week, ac-

according to the strength of the patient. The duration of the immersion should be regulated by the sensations of the invalid, and may be from ten minutes to half an hour, should no degree of lassitude or faintness occur.

The more temperate seasons of the year are generally recommended for the use of the Bath waters, which should always be aided by moderate and regular exercise.

TUNBRIDGE WATER.

Tunbridge Wells, a populous village in the county of Kent, has long been remarkable for the salubrity of its air, the beauty of its scenery, and, in many cases, for the curative qualities of its mineral springs. The peculiar balminess of the air of Tunbridge Wells is not easily described, but universal testimony affords unequivocal proof of the gratifying sensations it produces; and this feeling is not merely a gratification of sense, for the air possesses a direct stimulant and salubrious quality, which is not only of itself a restorative under simple debility, but, in many complaints, comes powerfully in aid of judiciously prescribed internal medicines. Observing, then, the stimulating nature of the air and waters of Tunbridge Wells, it will be no difficult matter to ascertain what maladies would be most benefited by a residence at this place. All those diseases which have general or local debility for their basis, are relieved by the salutary stimulus of this renovating air. Some species of asthma; coughs arising from a particular state of the stomach; weaknesses and irregularities in young females; sick headaches; irregular atonic gout; and a degenerated state of the constitution with a depression of spirits, produced by a sedentary life with mental exertion, so common to those who neglect their health in an anxious search for wealth, and to dyspeptic, scientific, and literary students labouring for distinction, will receive benefit at this place. On commencing a course of this water, it is not uncommon for the invalid to experience nausea and pain about the heart, or else a heaviness in the head, and a sense of fulness over the whole body, which symptoms, how-

ever, soon disappear; but, should they continue, the use of the water must then be discontinued. The dose of the Tunbridge water varies from half a pint to a pint, twice or thrice a-day.

CHELTENHAM WATER.

The situation of Cheltenham is particularly agreeable. The town is about a mile in length, and extends along a salubrious and fertile vale open to the south and west, but sheltered to the north-east by the immense amphitheatre formed by the Cotswold Hills, which terminate somewhat abruptly at a distance of two miles to the north-east. The town owes its principal celebrity to its medicinal springs, which attract a great influx of visitors every year during the summer months. The waters of this place are too well known, and their virtues too justly appreciated, to need any encomium. The renovated health of thousands who have been afflicted with scurvy, scrofula, or bilious affections, furnishes indisputable evidence of their superior efficacy.

As a remedy in bilious obstructions, habitual costiveness, in hæmorrhoids, in those complaints in the head arising from impaired digestion or want of tone in the stomach, and also in cutaneous eruptions, these waters are almost unrivalled. The season for drinking the Cheltenham waters is during the whole of the summer months; and the best time of the day is early in the morning, when the water contains most iron, and the stomach is empty. The dose ought always to be moderate on first using them, and the quantity increased according to the effects produced on the body. A small tumbler containing about six ounces of the water will, in general, be a sufficient dose at the commencement of the course. This quantity may, however, be repeated, if required, after walking a quarter of an hour or twenty minutes.

The diet during a course of these waters should be light and nutritive. Flatulent food, malt liquors, and acid fruits, which are apt to disorder the stomach and bowels, and to occasion griping and habitual purging, should be carefully

avoided. Daily exercise in the morning, and regular habits of life, are indispensably necessary.

THE ALUMINOUS CHALYBEATE WATER AT SAND ROCKS,
IN THE ISLE OF WIGHT.

The water of this aluminous chalybeate spring has been used with decided benefit in cases of general weakness, brought on by previous diarrhœas, dysenteries, and fevers, particularly of the remittent and intermittent kind. It may also be observed, that the beneficial effects of this water are not confined to its internal use; for when applied externally as a lotion, it has proved of the greatest advantage, particularly in the cure of scrofulous sores, foul ulcers, and all herpetic diseases of the skin.

SEIDLITZ WATER.

This water is found at the village of Seidlitz, in Bohemia, and was brought into notice as a medicine of considerable efficacy by the celebrated Hoffman about the year 1721. It operates very speedily, and is particularly useful in freeing the body from crude and acrid bilious matters. It does not commonly cause griping pains, flatulency, and weakness, like the drastic purges, but it gently stimulates the stomach and bowels to expel their morbid contents; and, assisted by its bitterness, tends to restore the tone of these organs, and with it the appetite and digestive powers. Thus it is particularly efficacious in disorders arising from a torpid action of the liver; in a bilious state of the stomach; in habitual costiveness; in sick headach, with bilious vomiting; in some kinds of bilious purging; and in that bad condition or habit of body of females, attended with costiveness and suppression of menses, whereby general debility, febrile heat, loss of appetite, and wasting of the body, are induced.

The dose of this water is from half-a-pint to two pints, taken in divided portions, with a sufficient interval interposed, to prevent offending the stomach by the mere bulk of the liquid.

SELTZER WATER

Has long been celebrated for its medicinal properties, and has been recommended by the most eminent physicians in Europe. It is principally applicable to glandular obstructions; to calculous, gouty, and rheumatic affections; constantly affording relief in complaints of the bowels, arising from acidity in the stomach, and in heartburn, &c. Mixed with an equal proportion of new milk, it has been successfully recommended in consumption. When fresh, it has a brisk subacid taste, and immediately effervesces with acids, particularly with Rhenish wines, and a little powdered sugar: in this state it becomes a pleasant, and probably the most wholesome beverage that can be taken in a warm climate.

Seltzer water is generally imported at a considerable expense, and is very imperfectly kept in stone bottles: to obviate these objections, and to extend the use of this agreeable and efficacious water, the powders for making a correct imitation of the Seltzer water will be found a very useful family medicine.

LEAMINGTON WATER.

The village of Leamington has acquired considerable reputation on account of containing springs of a strong saline water, which supply numerous cold and hot baths. They gently affect the bowels in a moderate dose; and are consequently useful in all diseases where an *aperient operation* is required.

HARROGATE WATER.

Harrogate owes its sole importance to mineral springs strongly impregnated with sulphur, and is much frequented for medicinal purposes. There are two mineral springs recently discovered at Harrogate, called the new saline chalybeate or Caledonian spring, and the new chalybeate or Hibernian spring. The former was sometime ago confined only to internal, and the latter to external, use. It has, however, been

found of late years that the internal use of the latter has been attended with decided advantage in many cases.

Harrogate water is an excellent alterative ; and particularly well calculated for all those pimply eruptions, called, in popular language, scorbutic ; and for every other cutaneous disorder. It is likewise used with success in chronic catarrhs, when it is necessary to stimulate, in a gentle and continued manner, the mucous membrane of the bronchi, and of the pulmonary cells. It is also administered in chronic rheumatism, gout, &c. The dose of this water is generally three or four glasses, containing half-a-pint each, taken at moderate intervals. It should be drank fresh from the spring, and cold, as the sulphureous impregnation is dissipated by heating. Dr. Garnet recommends a small quantity of sea-biscuit or coarse bread, to be eaten after each draught to correct the nauseous taste of the water.

The warm sulphureous baths should be conjoined with the internal use of the water. During the use of Harrogate water the habits of life should be regular, and the diet light and nutritive.

The following is a formula for making an artificial sulphureous bath : —

| | |
|---|--|
| For every gallon of Water, take | |
| Two grains of Alumina ; | |
| Two do. Carbonate of Lime ; | |
| Two do. Spanish Soap ; | |
| Four do. Muriate of Soda ; | |
| Twenty do. Dried Subcarbonate of Soda ; | |
| Sixteen do. Sulphuret of Potash. | |

Grind these materials together, and boil them in as much water as will dissolve them ; stir them over the fire till the sulphuretted hydrogen gas is disengaged, which is known by its peculiar smell ; then mix this solution with the water of the bath, previously heated to 96 degrees.

This bath was frequently used by Napoleon Bonaparte.

GENERAL OBSERVATIONS ON BATHING.

THE COLD-BATH.

IT is of essential importance to know that there is no truth in the vulgar opinion, that it is safer to enter the water when the body is cool, and that persons heated by exercise, and beginning to perspire, should wait till they are perfectly cooled. It is a rule liable to no exception, that moderate exercise ought always to precede cold bathing; for neither previous rest, nor exercise to a violent degree, are proper on this occasion. The duration of cold bathing ought to be short, and must be determined by the constitution and sensations of the individual; for healthy persons may continue in it much longer than valetudinarians. He should, however, not forget that it is safer to continue completely immersed in water during a short time than to take repeated plunges. The morning is the usual time for using the cold bath, unless it be in a river; in which case the afternoon will be more eligible. While the bather is in the water he should not remain inactive, but apply brisk and general friction. After the bath the body should be immediately dried with a coarse dry cloth.

The beneficial effects of cold bathing may be considered to be ablution or cleansing of the skin, the reduction of excessive heat, and a salutary reaction of the system, upon which its tonic power depends.

The cold-bath is well calculated to brace the constitution during the middle periods of life, when the powers of the body are firmly established, provided no predisposition to visceral or cutaneous diseases exists.

SEA BATHING.

Autumn is usually selected in this country as the season most proper for this purpose in consequence of the greater warmth of the sea at this period of the year. The sensation

of cold, and that of warmth, which follows in healthy persons, constituting the glow, are equally the effects of immersion in the sea, or in the simple cold-bath. The rules, therefore, to be observed in the use of the one are also applicable to the other. In distant situations from the coast, it may be satisfactory to know that an artificial sea-water, possessing all the properties of the water of the sea, may be made for the purpose of a bath, by dissolving a pound of bay salt in four gallons of fresh water.

Several precautions are requisite to be observed in the employment of cold bathing; it should, therefore, never be had recourse to without medical advice.

SHOWER-BATH.

The cold shower-bath possesses all the good qualities of cold immersion, with a less tendency to produce chilliness and cramps. It is perhaps the best and safest mode of cold bathing. In weak and delicate states of body, such as often present themselves in females, much benefit is derived from the use of the shower-bath throughout the year; but in such cases it is necessary to begin with water at a higher temperature than that of the atmosphere at the time.

THE TEPID-BATH.

This bath consists of water of a temperature from 86° to 92° . At 86° water scarcely feels warm, and certainly exerts no stimulant influence on the skin, and is rather to be regarded as a refrigerant than a diaphoretic. At 92° the warmth is agreeable, and the effects on the habit are soothing. It is, therefore, well fitted to cleanse the skin from any impurity which may adhere to it, and thus to promote its natural secretion. In the early periods of infancy it is highly beneficial, by facilitating the developement of the corporeal organs, and by maintaining the skin in that state of softness and perspirability, which diminishes the danger of teething, and of the various convulsive and cutaneous diseases to which children are liable.

Sir A. Clarke recommends the use of the tepid-bath during pregnancy, as frequently affording great comfort and relief at this period.

THE WARM-BATH.

The temperature of this bath is between 92° and 98° Fahrenheit. It is applicable to almost every purpose for which *warm*-bathing is indicated, with the exception of a few cases which demand the use of the *hot*-bath. The warm water-bath was employed for medicinal purposes, and indulged in as a luxury, in the earliest ages of society. During the periods of puberty, so critical to the female constitution, it will be found eminently serviceable in maturing the organs, in establishing the balance of circulation, and in diminishing that irritability of the system, so productive of nervous disorders. The best time for employing the warm-bath is the evening, that the invalid may go to bed immediately afterwards, to assist its operation.

THE VAPOUR-BATH.

The simple vapour-bath is a powerful auxiliary to medicine in cases of fever, where perspiration is particularly desirable. In inflammation of the lungs, the stomach, bowels, or any other internal part of the chest or abdomen; in rheumatism, and in a variety of diseases of the skin, this bath will prove of essential service. The temperature of the vapour-bath may be from 110 to 120 degrees; and the time for continuing in it from ten to forty minutes, according to the circumstances of the case.

MEDICATED BATHS.

These baths are such as are saturated with various mineral, vegetable, or sometimes animal, substances. There can be no doubt that such ingredients, if duly mixed, and a proper temperature given to the water, may, in certain complaints, be productive of effects highly beneficial. Water, impregnated with sulphate of iron, may be useful for strengthening the part to which it is applied; for reinvigorating debilitated limbs;

for stopping various kinds of bleeding ; for restoring the menstrual and hæmorrhoidal discharges when obstructed ; and, in short, as a substitute for the natural chalybeate-bath.

THE NITRO-MURIATIC-BATH.

This acid bath was first invented by Dr. Scott, of Calcutta, against several morbid conditions, principally functional disorders of the liver, especially a torpid state of it. Three parts, by measure, of muriatic acid, and two of nitric acid, are to be carefully mixed, and added to as much distilled water. The bath is to consist of three ounces of this dilute acid to every gallon of water.

Dr. Scott affirms, that he has employed this bath with decided advantage in almost all cases dependent on a morbid secretion of bile, whether that secretion be superabundant, defective, or depraved. A narrow tub for a knee-bath, just wide enough to hold the feet and reach the knees, should contain three gallons of the prepared-bath liquor, and consequently about nine ounces, by measure, of the dilute nitro-muriatic acid. The feet should remain in the bath for twenty minutes or half an hour ; and the legs, thighs, and abdomen, be, in the meantime, frequently sponged with the same. In the winter, the bath may be used warm ; but this is not necessary in the summer. The bath may be used daily, or more frequently, according to the exigency of the disease.

APPENDIX.

APPENDIX.

THE chief object of this Appendix to the Companion of the Medicine-Chest is to assist unprofessional persons to distinguish such diseases as are dangerous in their nature, and rapid in their progress. For such the advice of the ablest physicians should be procured without delay. In cases of emergency, it may likewise serve as a guide to persons who, on any sudden or violent attack of illness, either in their own families, or in those of the neighbouring poor, may find it necessary to administer some appropriate remedy until they obtain professional assistance.

AGUE, OR INTERMITTENT FEVER.

This disease consists of paroxysms or periods of fever, between each of which there is a perfect intermission or period without fever.

The febrile paroxysm of an ague consists of three periods or stages—the cold, the hot, and the sweating stage; and these occur in regular succession.

The cold stage commences with languor, a sense of debility, restlessness, yawning, and an aversion to motion; the face and extremities become pale, the features shrink, &c. At length, the patient himself feels a sensation of cold; first arising in the back, and thence diffusing itself over different parts of the body. This is followed by rigours or shiverings, which terminate in an universal and convulsive shaking, which, in an hour or two, is gradually succeeded by a degree of heat over the whole body, redness of the face, dryness of the skin, thirst, a quick pulse, pain in the head, and sometimes delirium, if the attack be very severe. This is the second or hot stage. In from one to three hours, a sweat breaks out, and becomes general. As it continues to flow the heat of the body abates, the thirst ceases, and most of the functions are restored to their ordinary state. This constitutes the third stage. When the paroxysm of this fever returns every day, it is called *quotidian* ague; when every other day, *tertian*; and *quartan* when it returns every fourth day. It is also called *autumnal ague* when it occurs in autumn, and *vernal* when in the spring.

Treatment.—During the *cold stage* endeavour to bring on the hot, by giving warm diluent drinks and cordial diaphoretic draughts,* by bathing the feet in warm water, or by the warm-bath, and fomentations to the feet.

- * Take of Hoffman's Æther, one drachm and a half;
- Camphor Julep, four ounces;
- Dover's Powder, half a scruple;
- Syrup of Saffron, two drachms.

Mix.

During the *hot stage*, cold acidulated liquids, and the remedies recommended during the cold stage, are generally beneficial. Should the cold stage prove extremely severe, recourse must be had to a warm-bath, or to an emetic, if the latter has not been administered, as it frequently is, before the commencement of the paroxysm.

Should there be in the hot stage a congestion of blood in the external vessels of the head, or delirium, cupping from the temples, or leeches, are to be applied, and opiates avoided.

During the intermissions, the bowels should be gently moved by a mild bitter cathartic draught;* the bark, in substance, should then be given to as great an extent as the stomach will bear; and where there is great debility, it should be combined with wine and aromatics, with a generous but light diet, and moderate exercise. One ounce of bark, mixed up with Port wine, will generally prevent the recurrence of the fit, if the whole of this quantity be taken in the six hours before the fit is expected. If the stomach will not bear this form and quantity of bark, the sulphate, or compound tincture, of quinine may be administered, as directed under those names in the *Materia Medica*.

Marsh miasmata, or the effluvia arising from stagnant water, or marshy ground, when acted upon by heat, are the most frequent causes of this fever. Persons exposed to a climate in which ague prevails endemically, may most effectually preserve themselves from its attack by care in avoiding sudden changes of temperature, and the night and morning air, by conforming their dress to the varying state of the weather, and by the constant use of flannel clothing. Keeping out at sea in foggy weather, and passing the night in places which are regarded as sources of the miasma, are also to be carefully avoided.

- * Take of Infusion Gentian,
Infusion Senna, of each six drachms;
Tartrate of Potash, a drachm and a half;
Syrup of Rhubarb, one drachm.

Mix, and make a draught.

APOPLEXY.

The mode of attack of apoplexy is considerably different at different times. Sometimes it is sudden and unexpected; the patient, uttering perhaps an exclamation of some unusual or painful feeling in the head, drops down insensible without previous complaint. In general, however, the approach of the disease is indicated by certain premonitory signs, with which it is desirable that every one should make himself acquainted. These signs consist, for the most part, of some imperfection or disorder in one or other of the sensorial functions; such as imperfect or irregular vision, deafness, numbness, impaired memory, and unusual disposition to sleep; in some cases, violent and long-continued, or frequently repeated, headaches, precede the attack of apoplexy. The short-necked, the indolent, and such as are apt to indulge in full meals of animal food, and the free use of spirituous and vinous liquors, are generally its victims.* Apoplexy may be brought on by whatever hurries the circulation, so as to increase the afflux of blood into the vessels of the head. It may likewise be occasioned by whatever impedes the free return of blood from the head, as a tight ligature or handkerchief round the neck.

Treatment.—The patient should be carried into a well-ventilated and spacious apartment, and placed with his head and shoulders very considerably raised, or in a sitting or semi-recumbent posture, with every thing removed from his neck. Directions should be given to have hot water in readiness. The next object would be to bleed freely, either from the jugular vein, or a vein of an arm; and, if the patient is able to swallow, the most active purgatives should be administered, and repeated frequently: if not, a drop or two of Croton oil may be introduced into the mouth, which, in the course of an hour, generally produces faecal evacuations. While we are

* It is said that butchers, although so much exposed to the open air, rarely die of consumption; but that many of them die, at an early period of life, of apoplexy, from an over-proportion of animal diet.

waiting the operation of the purgative, it will be advisable, particularly when there is much heat of the head, to plunge the feet and legs in warm water, and to apply ice to the head. The physician's aid should be had as soon as possible, as this disease is attended with very great danger.

ASTHMA.

This disease is characterised by a difficulty of breathing, returning at intervals, attended by a sense of constriction across the breast and in the lungs, with a wheezing, cough, and expectoration.

In the *treatment* of asthma we should endeavour to moderate the violence of the paroxysm by placing the patient in an upright posture, and loosening his dress, so as to render the action of the chest as free as possible; then by inhaling the vapour of the decoction of stramonium, or of the hop, from the spout of a common tea-pot, or Read's improved inhaler. The smoking of stramonium sometimes allays the local morbid excitement; and the caloric, which is taken with it during its operation, powerfully promotes the secretion of mucus, and speedily terminates the fit. When this herb is employed with a view of preventing or palliating the paroxysm, the patient should begin to smoke it about an hour before the usual time of the recurrence of the asthmatic fit, as very few can smoke it when the fit runs high. If the bowels are confined, an ounce and a half of castor oil, or some purgative, should be administered. The following draught has been found of great service during a fit of asthma:—

Take of Oxymel of Squills, two drachms;
 Syrup of Poppies, one drachm;
 Compound Tincture of Camphor, one-half ditto;
 Ætherial Tincture of Lobelia Inflata, one-half ditto;
 Ammoniacal Mixture, eight drachms.

Mix.

Warm clothing is always necessary in asthma. Strong

coffee sometimes abates the violence of the disorder : it should be clear, and taken without milk.

BOILS.

Boils are hard, circumscribed, painful tumours : they always have a central core, and are mostly found in persons of high health, and in the vigour of youth. They rarely require medical or surgical treatment, unless the person has many, and then bleeding and purging are required ; but in delicate constitutions, a course of sarsaparilla should be preferred. In inflammatory boils, which are slow in suppurating, stimulating poultices, composed of onion, garlic, or yellow basilicon, mixed with the white of an egg, and the common poultice may possibly forward the suppuration. After they break they require only to be kept clean, and defended from the external air by mild poultices, or diachylon plaster, or white cerate spread on lint.

BOILS, GUM.

A gum-boil is often a primary disease, depending on an inflammation of the gums from accidental and common causes, in which case the lancet, or leaving it to nature, soon restores the gum to a healthy state. But sometimes it arises from a carious tooth, or from cutting the dentes sapientæ (or wise teeth), in this case extraction is necessary. If there be any constitutional disturbance about the face, leeches and purgatives should be resorted to.

BURNS AND SCALDS.

The injured part should be plunged without loss of time into very cold spring or ice water, or else fresh cold water should be poured plentifully over the burnt or scalded surface. Pounded ice, enclosed in folded linen or lint, is an excellent application for scalds and burns situated on the head, back, and other parts, which cannot be conveniently immersed in water. These applications should be frequently renewed, as they soon become of the same temperature as the parts with which they

are in contact. Where the skin is broken, dress the part with Goulard cerate. If the person be of a plethoric habit of body, or if the system become feverish, however trifling the accident may be, it will be prudent to give mild aperient medicines, with the antiphlogistic regimen. Opium is also indispensable where there is much pain, as it not only diminishes the suffering, and procures sleep, but also lessens the disposition to various other dangerous symptoms. Cotton wool has lately been applied to scalds and burns with great success. It should be used immediately after the accident, and allowed to remain until all the pain has ceased, or until it drops off with the scarf skin. No family should, therefore, be without this simple means of remedying the most painful of accidents. Equal parts of lime water and olive oil are also used to allay the heat and inflammation consequent upon burns and scalds. The following liniment is recommended by Professor Knackstedt, as the best topical application in extensive burns :—

Goulard's Extract and Olive Oil, of each one ounce ;
Rose Water, four ounces.

Should this liniment produce suppuration too copiously, the following ointment may be used :—

Flowers of Zinc, Calamine Powder, and Lycopodium, of
each one ounce ;
Powdered Myrrh and Sugar of Lead, of each half-a-
drachm ;
Lard, one ounce and a half.
Mix.

BLEEDING FROM THE NOSE.

Bleeding from the nose is generally an effort of nature to relieve a congested or plethoric state of the blood-vessels about the head ; and, unless immoderate, it is for the most part inexpedient to interfere with it. When much general excitement prevails, the antiphlogistic regimen is to be adopted. The best local application are dossils of lint, or the scrapings from a beaver hat, put up the nostrils so as to plug them, and permit a coagulum to be formed : the lint may be dipped in a

strong solution of alum or sulphate of zinc. The sudden plunging the head into cold water, impregnated with salt, has been had recourse to with success when other plans have failed.

BRUISES AND SPRAINS.

In the treatment of sprains, a hot fomentation has been found of the greatest service, and should be continued for at least half an hour. The sprained part should then be carefully dried, and gently rubbed with the ethereal or cajiput opodeldoc ; to which may be added, in case of much pain, a little laudanum. Should there be much inflammation, friction must not be resorted to, but leeches, followed by fomentations, an aperient draught occasionally, and the antiphlogistic regimen will be necessary. For all severe injuries medical advice ought to be obtained. Equal parts of camphorated spirits of wine, distilled vinegar, and turpentine, mixed together, and well rubbed on the part affected, has sometimes been found serviceable in relieving the pain.

CATARRH.

The symptoms of common catarrh are a sense of fulness in the head ; redness of the eyes ; fulness and heat of the nostrils, which pour forth a thick acrimonious fluid, excoriating the skin as it descends, accompanied with frequent sneezing ; the voice is hoarse ; the throat sometimes sore ; and the lungs loaded, often producing a troublesome cough.

Treatment.—Where the attack is slight, medical aid is not often sought for, or needed. It will, however, be right to enforce an abstemious regimen, and to drink copious draughts of warm diluent mucilaginous liquids ; such as barley-water, thin gruel, &c., acidulated with a small quantity of lemon-juice and syrup of capillaire ; or to take the common saline mixture. A hot water-bath or vapour-bath, used immediately before going to bed, is extremely beneficial, provided that the patient is careful to wrap himself well up in a flannel gown. Should

there be much catarrhal irritation, the following draught may be useful : —

Take of Purified Nitre, ten grains ;
Sweet Spirits of Nitre, one drachm ;
Almond Emulsion, one ounce and a half ;
Syrup of Tolu, two drachms.

Mix.

But if there be a sense of oppression on the chest, or of fulness in the head, with the ordinary signs of fever, bleeding, general and topical, should be had recourse to, and a brisk purgative immediately afterwards, while the preceding process is still continued. If the cough should be troublesome at night, it will be best allayed by a dose of Dover's powder with extract of lettuce.

In order to promote expectoration, small and frequently repeated doses of antimonials, or other diaphoretics, should be taken, and their effect assisted with plenty of mucilaginous drinks, as previously advised.

The prevention of catarrh is highly important, especially to persons who possess a weak constitution, or are in any way predisposed to pulmonary complaints : to such persons a residence in a warm and temperate climate, wearing flannel or chamois leather next to the skin, and especially keeping the feet warm and dry, should be strongly recommended.

COUGH.

With respect to the treatment of cough : that which is produced by the irritation of the phlegm, and by exposure to cold, requires diaphoretics, demulcents, and expectorants ; such as small doses of Dover's powder, with saline draughts, tepid pedeluvia, warm-baths, and ptisans of barley-water, oily emulsions, and pleasant mucilaginous tinctures, made with oil of almonds, syrup of poppies, and oxymel of squills, with ipecacuanha wine ; but where the cough has become more habitual, and attends old age, the more stimulating expectorants, as garlic, ammoniacum, benzoin, &c., are requisite.

The lettuce and ipecacuanha lozenges have frequently been found to allay a recent or catarrhal cough.

For the cough of infants, a gentle emetic of ipecacuanha, or the following mixture, generally affords very considerable relief, and often speedily cures it:—

Take of Simple Syrup, two ounces ;

Antimonial and Ipecacuanha Wine, of each one drachm ;

Paregoric Elixir, half-a-drachm ;

Tincture of Tolu, twelve drops.

Mix.

A tea-spoonful may be given three or four times a-day in a little linseed-tea or barley-water.

CHICKEN, OR SWINE-POCK.

The eruption termed chicken-pox is sometimes preceded by chilliness, succeeded by flushings and heat, pains in the head and back, thirst, restlessness, and a quick pulse ; but at other times no such symptoms are perceptible. The vesicles quickly suppurate, and scale off, and a succession of the pimples appear, perhaps for three or four days, going off in the same manner. These eruptions are considered of so trivial a nature as scarcely to require any medical assistance. To keep the bowels moderately open by gentle doses of rhubarb and magnesia, and the surface of the body clean by frequent ablutions in warm water, is all that will be necessary. Should, however, the febrile symptoms run high, small doses of antimonial or James's powder, with saline draughts, should be administered.

CHILBLAINS

Are painful inflammatory swellings of a deep purple or leaden colour, to which the fingers, toes, heels, and other extreme parts of the body, are liable, attended with an intolerable degree of itching.

Treatment.—In common cases, as soon as any part becomes

affected, rub it with spirits of rosemary, or aromatic camphorated cream ; afterwards apply pieces of soft linen, moistened with camphorated spirits, soap liniment, camphor liniment, &c. When the swellings break or ulcerate, apply poultices and emollient ointments for a few days. Persons subject to chilblains should, on the approach of winter, cover the parts liable to be affected with woollen gloves and stockings, and not expose the hands and feet too precipitately, when cold, to a considerable degree of heat. The feet and hands should also be frequently rubbed with the naked hand, with a flesh-brush, or with flannel ; and as much exercise should be used as circumstances will admit of. Equal quantities of sweet oil, lime-water, and proof-spirits, forms an excellent application for chilblains.

CHOLERA MORBUS.

This disease is supposed to be the effect of a warm atmosphere producing some change in the state of the bile, which change may either render it more acrid, or dispose to a preternatural secretion of it. It has, in some instances, been observed to proceed from obstructed perspiration ; also from food which has passed readily into the acetous fermentation, from unripe fruits, &c. The symptoms of this formidable disease are of a kind not to be misinterpreted, and may be summed up into violent vomiting and purging at the same time. Cramps are frequently the first signs of this disorder, which should be immediately attended to. Those persons who are thus affected, should, if possible, go at once into a hot-bath, and then go to bed : if they cannot obtain a bath, let them put their feet into hot salt and water, with a little mustard, taking great care that the extremities do not become cold.

Treatment.—Diarrhœa (relaxation of the bowels) is the most frequent precursor of the disease. If this arises from any article of food which has disagreed with the stomach, aperients must be resorted to. Three grains of calomel and twelve of rhubarb, made into six pills ; two to be taken once, twice, or

thrice in the day, according to the violence of the attack, will be the best purgative to employ. If the extremities are cold at night, it will be necessary to put them in hot water ; and if there should be much restlessness, twenty grains of Dover's powder will be the best medicine to secure sleep. The next morning a wine-glassful of senna-tea will most probably effect a cure. Should the bowels be much relaxed, the following draught will be of great service : —

Take of Aromatic Confection, one scruple ;
Opiate Confection, half-a-scruple ;
Chalk Julep, ten drachms ;
Sal Volatile, twenty drops ;
Syrup of Ginger, one drachm.

Mix.

If there be much pain in the bowels, fifteen or twenty drops of laudanum may be added to the draught.

Nausea and sickness must also be attended to, and the treatment must vary in those cases which proceed from overloading the stomach, and in those which are caused by exhaustion from long abstinence, or great fatigue, or anxiety. In the first case, if the tongue be foul, and there be pain in the head, an emetic of twenty grains of ipecacuanha will be the best remedy. If the sickness arises from exhaustion, a small quantity of arrow-root, with a table-spoonful of burnt brandy, will frequently relieve it.

If the vomiting or pain continue violent after the above treatment, the following pills and draughts may be given : —

Take of Camphor, twelve grains ;
Carbonate of Ammonia, eighteen grains ;
Calomel, twelve grains ;
Cayenne Pepper, eighteen grains ;
Powdered Gum Arabic, six grains ;
Oil of Cloves, five drops.

Mix, and divide into eighteen pills ; one to be taken every half hour, with the following draught : —

Take of Pimento Water, ten drachms ;
Carbonate of Potash, half-a-drachm ;
Tincture of Capsicum, fifteen drops ;
Laudanum, five drops ;
Compound Spirit of Lavender, half-a-drachm ;
Syrup of Ginger, one drachm.
Mix, and make a draught.

Treatment to be adopted for a severe attack.—The first thing necessary is to get abundance of hot water ready, to light a fire in the room, and to have plenty of mustard at hand. For those who can afford it, the hot air-bath should be obtained: if this is unattainable, it may be in a great measure superseded by the use of bottles of hot water wrapped up in flannel, and applied to the stomach and back. The exhausted powers of the constitution must be rallied by stimulants, such as laudanum, oil of peppermint, and brandy, taken every five or ten minutes. The next most useful remedy is to apply a hot mustard poultice to the pit of the stomach. The way to make this poultice is to take equal parts of mustard and common flour, or linseed meal, and mix them together with boiling water to the consistence of a very thick paste: this must be done quickly, and near the fire, lest it get cold. The poultice should be immediately bound firmly on with a linen bandage or sheet doubled up: the closer it is tied on to the body the longer it will retain its heat. If these attempts to revive the circulation fail, the other more active measures must be left to the direction of a physician, who should always be sent for on the first attack of this disease.

Hints regarding the Prevention of Cholera.—The most important, and, perhaps, the most difficult precept to practise, is the regulation of our *diet*. All kinds of fish ought to be discontinued, more especially shell-fish. Cherries, gooseberries, and apples, must be condemned; but a few strawberries, or ripe pears, or raspberries, may be indulged in with the least danger. All kinds of pastry, as fruit-pies, puddings, &c., are very improper, and also ought to be refrained from. Cheese may be taken in small quantity, as well as butter.

The safest regimen is that which is the simplest: for breakfast, dry toast, with a little butter, and coffee. Those who have been accustomed to take meat at this meal should continue it, but gradually decrease the quantity. For dinner, plain roasted beef, with one kind of vegetables — potatoes are preferable to others if they are not too young. Persons who have a weak digestion should take weak brandy and water with this meal.

All persons should be careful not to take very cold liquids into the stomach when suffering from heat; nothing is more likely, from the sudden depression produced in the system, to induce collapse. All acids, acerb drinks, and ices, must be rigidly abstained from.

In respect to clothing, we must be very cautious not to leave off suddenly any portion of what we have been accustomed to wear. Those persons who have had flannel next the skin during winter must not relinquish it from the idea of the weather being too warm. M. Majendie states, that he knew of few persons who were attacked with cholera that wore flannel next the skin.

With regard to general habits, we must be careful not to take too much exercise, if unaccustomed to it, such as long walks, &c.; nor to use violent exertion, which is likely to produce exhaustion, in which state there is always danger. Persons who are not accustomed to bathe should not indulge in that pastime: a long continuance in the water has generally a bad effect upon the constitution. All these points, that would at other times appear trifling, ought to be taken into account when an epidemic is abroad, and against which our best preservative is that attention to our habits which will be likely to improve our general health. Whatever depresses the mind, or debilitates the body, favours an attack of this disease.

COSTIVENESS.

Costiveness, in its simple and constitutional form, is rather troublesome than dangerous. Females in this country are more subject to costiveness than males, owing both to consti-

tutional weakness, and to their employments being of a more sedentary nature, and seldom united to active bodily exertion. There is also evident reason to believe, that several diseases incident to females take their rise from neglect in regard to this necessary evacuation, from a false notion of delicacy which prevails in boarding-schools, both as regards the confinement to study, and the dislike to its being known that the calls of nature require to be relieved.

The cause of costiveness arises from various circumstances : sometimes the food is too insipid, or destitute of stimulants ; sometimes there is a deficiency of bile, which is the natural stimulus of the bowels ; and, what is more frequently the cause than any other, the bile that is secreted is insufficient for the purpose of imparting a due stimulus to the intestines.

The *medical treatment* of costiveness consists in adopting a diet free from all astringents, taking care especially that there is no alum in the bread, and using a coarser kind with oleraceous vegetables, and supplying proper stimulants when the peristaltic motion is enfeebled. Roasted or boiled apples, pears, stewed prunes, raisins, gruel with currants, butter, honey, sugar, broths with spinage, leeks, and other soft pot-herbs ; also, beet-root and turnip are excellent laxatives, and the best medicines are the mild purgatives, as castor oil, manna, &c. Malt liquor, butter-milk, whey, and such watery fluids, as generally prove of an aperient nature, should be resorted to as drink. Besides this, a strict attention to bodily exercise, a due proportion of liquid to our solid food, particularly at dinner, a proper choice and due quantity of solid food, avoiding too much indulgence in sleep, rising early, and going abroad in the open air, are indispensably necessary.

In the more aggravated state, where the peristaltic motion is generally faulty from its sluggishness, and the subjects are weak and prone to sedentary habits, the compound aloetic pill, and the compound extract of colocynth, with a little ipecacuanha, will be the best kind of medicine.

The celebrated philosopher, Locke, observes, that going to stool regularly has a great influence on the health ; and he

asserts, that if any person, after his first meal in the morning, would presently and daily solicit nature so as to obtain a stool, he might in time bring it to be habitual. A basin of warm water, used with any of the enema apparatus now in use, opens the bowels without inconvenience or uneasiness, and generally removes many disorders arising from a confined habit of body.

COW POCK.

If the matter for communicating this disease be genuine, and the infant at the time of inoculation be free from any disease of the skin, the following appearances will take place. On the third day (the day of inoculation being reckoned the first) a small red spot, like the bite of a gnat, appears on the infected part. In six days a small vesicle will be formed, which, on the eighth, becomes circular, and surrounded by a circle of a reddish colour. On the ninth day the vesicle is as large as a pea, and surrounded by a red ring. On the eleventh the vesicle begins to scab, grows dry, and turns black in the middle, and the ring becomes more extended. On the fifteenth day the pock becomes a scab, of a blackish or dark mahogany colour, and the red ring or margin disappears. On the twentieth day the scab falls off; and a cicatrix, of a honey-comb appearance, remains in its place. During this time the part should be defended from the friction of the linen by a little gold-beater's skin; and if the surrounding inflammation should run high, the following lotion should be applied.

Take of Goulard's Extract, ten drops ;
Distilled Vinegar, two drachms ;
Laudanum, thirty drops ;
Distilled Water, eight ounces.

To be mixed together, and applied, by means of folds of fine linen, over the affected part.

During the progress of the cow-pock, little or no medicine is required. After the vesicle begins to scab, a dose or two

of a mild purgative, as castor oil, or rhubarb and magnesia, will be necessary.

CRAMPS, OR SPASMS.

The parts chiefly attacked with cramp are the calves of the legs, the neck, and the stomach. The common causes are sudden exposure to cold, drinking cold liquids during great heat and perspiration ; eating cold cucurbitaceous fruits when the stomach is infirm and incapable of digesting them. Cold night air is also a common cause of cramp.

Treatment.—In common cases, where the calves of the legs are affected, an excitement of the distressed muscles into their usual train of exertion is found sufficient ; hence most people cure themselves by suddenly rising into an erect position. Warm friction with the naked hand, or with camphorated oil or alcohol, will also generally be found to succeed. Where the stomach is affected, copious draughts of warm water, hot brandy and water, ether, or laudanum, afford the speediest means of cure. Hot flannels, moistened with compound camphor liniment and turpentine, as directed by Dr. Copland, or a bladder, nearly filled with hot water, at 110° or 150° of Fahrenheit, should be applied to the pit of the stomach ; bathing the feet in warm water, or applying mustard poultices to them, is frequently of great advantage. The best preventives, when the cause of cramp is constitutional, are warm tonics, such as the essence of ginger and chamomile, Jamaica ginger in powder, &c., avoiding fermented liquors and green vegetables, particularly for supper, and wearing flannel next the skin.

CROUP.

This disease is an inflammation of the wind-pipe, and is distinguished from other sore throats by a laborious inspiration, sounding as through a brass tube ; a harsh dry cough, with seldom any tumour in the throat, and no difficulty in swallowing. It is dangerous, from the suddenness of the attack, and the rapidity of its progress ; and requires the most prompt and decided measures to prevent suffocation.

Treatment.—On the first appearance of croup, a dose of ipecacuanha and antimonial wine, or a tea-spoonful of the following mixture:—

Ipecacuanha Wine, half-an-ounce;
Tartar Emetic, one grain;
Distilled Water, half-an ounce:

Mix:

should be immediately given, and repeated every ten minutes, until it excites vomiting. After its operation the child should be put into a warm bath, from ten to fifteen minutes, and a dose of calomel and James's powder given. If relief be not obtained from these measures, the entire throat should be covered with leeches, say eight or ten, and the bowels emptied by the following turpentine injection:—take of common turpentine, two drachms, beat it up with the yoke of an egg, and add by degrees half-a-pint of decoction of chamomile flowers, in which an ounce of Glauber salts has been dissolved; strain it, and divide it into two equal parts; one of which is to be administered night and morning. If the alarming symptoms are not checked in twelve hours, the warm bath is to be repeated, and calomel, in doses of from three to five grains, with three grains of James's powders in each, should be given every third hour. If a child recover from the attack of croup, every affection of the chest or lungs should be considered as important; it should, therefore, be carefully guarded against cold, especially in damp weather, for which purpose the child should wear a chamois leather waistcoat next its skin, made to cover the neck, and great attention be paid to the stomach and bowels. The croup is not considered as a contagious disease, but a child having been once attacked with it, is very liable to its return from any slight exposure to cold. The following ointment, of which the sixth part may be applied by friction to the chest every sixth hour, may be resorted to:—

Take of Tartar Emetic, one scruple;
Purified Opium, one scruple;
White Cerate, two drachms.

Mix.

DIARRHŒA, OR LOOSENESS.

This disease consists in frequent and copious evacuations of liquid stools, preceded generally by a murmuring noise and a little pain in the bowels. It is not, like dysentery, a contagious disease. The disorder is frequently a matter of trifling importance, at other times it is productive of serious consequences.

Diarrhœa may originate from various causes. In some constitutions a draught of cold water, beer, milk, &c., immediately affects the bowels, especially if the individual is heated at the time ; ices, raw vegetables, and fruit, are often productive of the same effect. Diarrhœa is also a very common occurrence in infants when the nurse's milk disagrees, or when the food is too stimulant for their digestive powers, or in too great quantity. It is, also, frequently the effect of immoderate eating, part of the food not being properly digested ; the bowels are thereby irritated, and frequent evacuations are the consequence.

Treatment.—Before any decisive treatment to check diarrhœa be adopted, the nature of it should be well ascertained. If it has arisen from excess, or from crude and acrid matter in the stomach, a gentle emetic should be given in the evening, and the following draught in the morning : —

Take of Powdered Rhubarb, one scruple ;
Aromatic Confection, half a scruple ;
Sal Volatile, thirty drops ;
Cinnamon Water, and
Distilled Water, of each six drachms ;
Syrup of Rhubarb, one drachm.

If it has proceeded from obstructed perspiration, in consequence of exposure to cold, five grains of James's powder should be given every three or four hours ; and, on going to bed, the patient should put his feet in warm water. Besides these remedies, the free use of diluent and demulcent drinks, such

as barley-water, decoction of marshmallows, linseed tea, or toast and water, may be resorted to.

If diarrhœa should exist to a great extent, accompanied with much pain, the tongue being red and beginning to get dry, and the stomach retaining with difficulty its food, it will be advisable to give the following draught :—

Take of Aromatic Confection, one scruple ;
Opiate Confection, half a scruple ;
Powdered Rhubarb, six grains ;
Cretaceous Powder, one scruple ;
Cinnamon Water, ten drachms ;
Sal Volatile, half a drachm ;
Syrup of Ginger, one drachm.

Mix.

Persons subject to irritation in the bowels should wear flannel next the skin, take food which braces and strengthens the bowels, such as wheaten bread of the finest flour, biscuit, eggs, rice, rice boiled in milk, &c. The drink should be port wine, or claret.

DYSENTERY.

This disease is characterised by violent griping, and straining at stool, attended with frequent, scanty, and mucous or bloody discharges from the intestines. With these symptoms there are a loss of appetite, sickness, and sometimes vomiting ; and the patient, sooner or later, becomes affected with a fever, which is sometimes inflammatory, and very often of a putrid kind. The disease occurs especially in summer and autumn, and is more frequent in warm than in cold climates.

The treatment will require to be varied considerably, according to the peculiarity of the circumstances of the case, but more especially as the disease is acute or chronic. In the early state, and more acute form, the principal indications are, first, to lessen inflammatory action by bleeding in the arm, if the strength of the patient will admit of so doing ; or, if not, by leeches or cupping, and by the application of

blisters; but this treatment will seldom be necessary, as the fever in dysentery most commonly assumes a low character, when the treatment proper for typhus will be required. Secondly, by evacuating the matters contained in the stomach and intestines by an emetic of ipecacuanha, by mild purgatives, and bland mucilaginous drinks. Thirdly, to lessen irritation, and to restore the tone of the intestines, by opiates conjoined with calomel or ipecacuanha, the warm bath, fomentations and embrocations, and lavements made with starch. Several astringent and bitter medicines are recommended in this period of the disease, such as calumbo, cascarilla, Peruvian bark. The room of the patient should be often fumigated with nitrous vapour, which will not only prevent the disease from spreading, but contribute considerably towards recovery.

Warm fomentations and stimulant embrocations to the abdomen will sometimes be found serviceable. Rice, barley, arrow-root, oatmeal, sago, and animal broths, are the proper articles of diet.

EAR, DISEASES OF.

The diseases of this organ are numerous, and their effect is generally a partial or total destruction of the function of hearing.

Inflammation and suppuration of the ear is generally accompanied with considerable pain darting through the ear, redness, and heat;—these either gradually diminish, and at length entirely cease, or an acrid fetid matter is discharged from the ear. During the inflammatory state, water, as warm as the patient can bear, should be thrown into the ear by means of a syringe, and the part fomented with the decoction of poppy heads, and chamomile flowers. Should this not relieve the pain, a drop or two of laudanum, with one drop of oil of cloves and a little oil of almonds, should be dropped into the ear, and a piece of cotton wool introduced afterwards.

Where there is much discharge, injections of warm soap and water, blisters behind the ear, or a drop or two of the following mixture put into the ear with a little cotton, generally prove very beneficial:—

Take of Ox Gall, three drachms ;
Balsam of Peru, one drachm.

Mix.

A few grains of musk introduced into the ear with cotton wool has sometimes been employed with great success in diminishing the discharge.

As deafness is sometimes the consequence of diseases of the ear, the advice of an experienced physician or surgeon should be taken in the first instance.

EPILEPSY.

This disease consists in a sudden privation of sense, accompanied with violent convulsive motions of the whole body, frothing at the mouth, followed by drowsiness, great fatigue, and entire oblivion of the fit. It recurs at intervals, and often attacks the patient during sleep. A fit of epilepsy is generally preceded by heavy pain in the head, dimness of sight, noise in the ears, palpitation, &c., but more usually the patient falls down suddenly without much previous notice.

Treatment.—This will vary according to the cause. If it proceeds from worms, the oil of turpentine, in doses of from half-an-ounce to an ounce, or some active purgatives will be found serviceable; if from teething, scarify the gums freely, give laxative medicines, or emollient clysters, and bathe the feet frequently in warm water. If there be evident determination of blood to the head, and more especially if the patient be of a plethoric habit, bleeding from the arm will be proper, if the patient can be kept steady; if not, leeches may be applied behind the ears.

If the disease be dependent on weakness or nervous irritability, the use of strong stimuli and tonics will become expedient. Of these the nitrate of silver, oil of amber, sulphate of copper, and sulphate or oxide of zinc, will be the most efficacious. The tincture of the seeds of colchicum has lately been administered with great success. The dose is from twenty-five to forty drops, two or three times a-day.

During the fit, great care should be taken that the patient does not injure himself; and it will be prudent to remove any

thing which may compress the veins of the neck, to obviate congestion of the head.

The following are forms for administering the above tonics :—

Take of Nitrate of Silver, two grains ;
Conserve of Roses, ten grains.

Mix, and divide into two pills, one to be taken three times a-day ; or,

Take of Sulphate of Zinc, one grain ;
Compound Galbanum Pill, nine grains.

Mix, and divide into two pills, which may be taken three times a-day ; or,

Take of Oxide of Zinc, four grains ;
Extract of Gentian, ten grains.

Mix, and divide into three pills, which may be taken three times a-day.

While administering these medicines, it will be necessary to attend to the state of the bowels, and other secretions ; and, if any marks of plethora present themselves, these must be met by local, if not by general blood-letting, even at the time that we are persisting in our general tonic plan of treatment.

ERYSIPELAS

Is the name commonly given to a peculiar kind of inflammation of the skin, characterised by a diffused redness and fulness of the part, a burning or itching pain, and frequently by vesications and fever.

In its mildest form it is preceded by no particular complaints, or merely by a very slight indisposition, languor, restlessness, loss of appetite, &c. These symptoms are of short duration, and often abate as soon as the inflammatory rash appears. In more severe cases the patient experiences, for a couple of days before the erysipelas breaks out, unusual debility, heaviness in the limbs, headach, loss of appetite, nausea, actual vomiting, oppression about the chest, &c.

In that species of erysipelas which mostly attacks the face, the patient is affected with severe fever, headach, drowsiness, or stupor, shiverings, vomiting, delirium, &c. These symptoms continue with undiminished vehemence until the local disorder itself goes off, which usually happens about the eleventh day, attended with copious evacuations from the skin and kidneys.

Treatment.—In simple inflammation of the skin, unaccompanied with much fever, it is unnecessary, even when the erysipelas attacks the face, to do much more than confine the patient to diluent acidulated drinks, keep the bowels open by mild aperients, and order the feet to be placed in a warm bath, impregnated with mustard.

But when erysipelas comes on with strong febrile reaction, and the patient is young, the copious abstraction of blood from the arm is necessary, especially if the inflammation is seated in the face, head, or breast, directing cooling saline purgatives, antimonial diaphoretics, and a light vegetable diet to be given. But if the disease exhibits a low or typhoid type, and particularly where there is a tendency to gangrene, the patient's strength must be supported by a moderate quantity of wine, by bark with sulphuric acid, and by other tonics. Should the inflammation, quitting the skin, attack an internal part, a blister may be applied. In all severe cases of the disease, the advice of an experienced physician should not be delayed.

FAINTING, OR SYNCOPE.

A fainting-fit generally begins with great anxiety about the heart and lungs; the pulse and respiration becomes suddenly weak, and sometimes to such a degree, as to all appearance wholly to cease; with coldness of the extremities, and death-like paleness of the face, &c. Vomiting is not unfrequently a concomitant of syncope, and generally affords relief.

Treatment.—The first thing necessary to be done in syncope, arising from some momentary or accidental cause,

is to place the patient in the horizontal posture, and throw cold water over the face, and bathe the hands with vinegar and water; the dress should be loosened, and a current of fresh, cool air, freely admitted. Volatile pungent salts, with ether and eau de Cologne, should be held to the nose momentarily, but frequently, and the temples rubbed with them. As soon as consciousness returns, a small quantity of wine, cold water, or some aromatic water, containing ten or twenty drops of sal volatile or ether, should be administered. If syncope continues a long time, and the state of the patient becomes alarming, we must endeavour to arouse him by frictions with the tincture of Spanish flies, volatile liniment, or hot spirit of camphor, along the inner side of the thighs, and by administering some irritating enema.

FLATULENCY.

By this is understood a morbid collection of air in the stomach and bowels, which is sometimes formed in very large quantities, amounting to an eructation of many hogsheads in an hour. According to the experiments of Dr. Hales, it appears that a single apple, during fermentation, will give out above six hundred times its bulk of air, while many of the vegetable materials introduced into the stomach, possess far more ventosity than apples. Flatulency is often a symptom of other diseases, especially of indigestion, colic, cholera, hysteria, and hypochondriasis. It is frequently caused by drinking a large quantity of some cold fluid while the system is heated, or by eating raw vegetables, cucumbers, radishes, salads, &c.

For the *treatment* of this disease, carminatives, mild aperients, and tonics, are resorted to; such as the spicy fruits and verticillate carminatives, nutmegs, cardamoms, allspice, pepper, camphor, peppermint, cinnamon, rosemary, lavender, pennyroyal, &c. The essential oils, or dilute essences, may be formed into pills and draughts. If these do not succeed, ethereal preparations and warm tonics should be given, and the strictest attention paid to the diet, in which all oleraceous

vegetables, and peas, beans, and flatulent fruits, should be avoided; also, large libations of fluids. The diet should consist of roasted and boiled, or broiled meats, with peppers, and old wine, or good brandy amply diluted, at dinner, in moderate quantity.

GOUT

Is a painful, inflammatory complaint, resembling rheumatism so closely, that the one is often mistaken for the other. It generally attacks the smaller joints, as those of the fingers, toes, foot, &c.; yet it sometimes affects the knees, ankles, and wrists. It is more generally connected with a dyspeptic state of the stomach than rheumatism is. Its incursions are, for the most part, more sudden; its nocturnal exacerbations less striking, but its remissions much more distinct. While rheumatism mostly begins in the shoulders or elbows, gout always begins in the feet or ankles. Gout is distinguished into four species, the regular, the atonic, the retrocedent, and the misplaced; but the division into regular and irregular, is the only one that is practically useful.

The regular gout is characterised by pain, swelling, and bright redness, suddenly affecting the joints of the feet or hands, and especially the ball of the great toe. It is generally preceded by some unusual affections of the stomach indicated by flatulency and acid eructations, and is followed by some degree of fever.

Treatment.—The attack of regular gout may sometimes be prevented, or at least rendered much less violent, by having recourse, on the first indication of its approach, to diaphoretic drinks, frictions, warm baths, and, if the patient be plethoric, to the abstraction of the blood from the arm. But, after its accession, a few leeches, when the inflammation is not very great, should be applied around the joint, and afterwards an emollient and narcotic cataplasm over it; but, when there is a higher degree of inflammation, it will not be advisable to attempt more than to keep the bowels open, and guard against cold. In the intervals between the attacks, a vegetable diet, tem-

perate habits, and, above all, regular and moderate exercise, must be enjoined. The patient should wear flannel next to the skin, taking care by this, as well as by other means, especially warm bathing, to keep up a free perspiration and healthy condition of the surface.

When gout attacks the stomach, accompanied with a numbness of the limbs, and a rapid palpitation of the heart, the preparations of ether, or of ammonia with warm cordials, may be employed with benefit. The preparations of colchicum, with many other remedies, have been much used as specifics for gout during the paroxysm, with the view of allaying pain, and speedily restoring the health; but, unless cautiously administered, they will be liable to induce symptoms of alarming and ultimately irrecoverable debility. Carbonate of soda, rhubarb and magnesia, scammony and colocynth, have also been recommended as preventives of gout; but the best preventive will be found in temperate habits and regular exercise, paying strict attention to the functions of the digestive organs, and warding off acidity of the stomach. The following is the celebrated receipt of Dr. Cartwright, who states that, after having been a martyr to gout, he was entirely exempted from it by the use of the following pills:—

Gum Guaiacum, two scruples;
Soccotrine Aloes, one drachm;
Camphor, one scruple;
Castile Soap, two drachms.

Mix, and make thirty-six pills, two to be taken every night at bed-time.

GRAVEL AND STONE.

The diseases known by the names of gravel and stone are so nearly allied, that they may be described under the same head. Gravel consists of small sand-like concretions, which are formed in the kidneys, and passed with the urine. Stone is a calculous concretion in the kidneys, or bladder, of too large a size to pass without great difficulty. A fit of gravel is known by a frequent inclination to make water, and to go to stool; pain in the loins, numbness of the thighs, nausea,

and vomiting, and not unfrequently a slight suppression of urine. These symptoms often resemble those of inflammation of the kidneys, but the deposition of reddish brown sand in the urine, on becoming cold, will demonstrate the difference.

Treatment.—During a fit of gravel, our chief object should be to allay the irritation and mitigate the pain. The warm bath, friction on the loins, with rubefacient irritants combined with narcotics, or a flannel swathe wrung out in hot water and folded about the parts, laxative medicines, as castor oil, antimonial diaphoretics, emollient and anodyne injections, may severally be resorted to. The diet during the fit should be low, and the beverage consist of the almond emulsion, linseed tea, barley water, or decoction of marshmallow root. When the paroxysm is over, avoid every thing that is likely to irritate the kidneys; use an aqueous and vegetable regimen, moderate exercise on horseback, cold bathing, and mild aperients; and take occasionally the alkaline salts, as potash, soda, or Brandish's alkaline solution. Dr. Falconer, of Bath, strongly recommends soda water. The infusion of buchu with spirit of juniper berries and soap-lees, have occasionally afforded great relief. In cases of red gravel, a tea-spoonful of magnesia in a little water two or three times a-day is an excellent remedy; but, when the gravel is white, a little lemon juice, or ten or fifteen grains of citric acid will answer best.

GUM, RED.

This complaint often appears in the healthiest children, and being attended by no constitutional derangement, no medical treatment is demanded; unless, indeed, under the feeling that it is right to attend to the stomach and bowels, we should be disposed to give the child a few grains of magnesia, or a few drops of sal volatile in some dill-seed water.

HEADACH.

Few complaints are more prevalent than headach. It is generally characterised by an obtuse pain, with a sense of

heaviness extending over the whole head. The sight is often dim, the hearing dull, and the memory vacant. This kind of headach is a nervous affection of the brain. It is mostly the result of weakness, or a want of proper supply of that kind of sensorial fluid on which the feeling of comfort depends, and is produced by irregular circulation of the blood in the head, mental exertion, and the passions of the mind. Another kind of headach begins with uneasy feelings, or creepings over a part of the scalp, which increases to an acute, and often throbbing pain, within the head, and mostly over one eye. There is some degree of sickness usually connected with it, mostly limited to nausea, but occasionally amounting to vomiting. This is generally termed sick headach.

Treatment. — If the complaint proceeds from too great a determination of blood to the head, venesection, or the application of leeches behind the ears, or to the neck or temples, should be resorted to. Along with the abstraction of blood, linen cloths, wetted in vinegar and water, or in camphorated spirits, eau de Cologne, &c., may be applied to the forehead and temples. If it arises from foulness of stomach, it will be advisable to give an emetic; and if any costiveness prevails, this should be removed by some mild saline aperients given in a state of effervescence. As a general palliative, strong coffee, or green tea, have often proved serviceable. For nervous headachs, the sulphate of quinine, and other tonics, with attention to the bowels, are most serviceable.

Dr. D'Huc states, that he has employed with success, in intermittent headachs, a snuff, composed of fifteen grains of sulphate of quinine, mixed with one ounce of tobacco or snuff: the whole to be taken during the course of five or six days.

HEARTBURN.

This disease is only a symptom of dyspepsia, and should be considered and treated as a secondary complaint. When it proceeds from acidity, it may be removed for a time by magnesia, or the volatile alkalies; but chalk, in the form of a lozenge, seems to be the most powerful in correcting the acidity, and affording relief.

HICCUP, OR HICCOUGH.

A spasmodic affection of the diaphragm or midriff, generally arising from irritation of the stomach from food or wind, and hence a very common disease amongst children. It is also produced by the irritation of worms.

Treatment.—The common hiccup is frequently removed by drinking a draught of any liquid, or a small quantity of vinegar; by holding the breath, and sometimes by swallowing dry bread. It is usually removed in children by warm carminatives, with a few drops of sal volatile, or by any little circumstance that may serve to divert the child's attention at the moment, in the way of surprise, or otherwise. Should it, however, arise from an acid state of the stomach, with a long-continued diarrhœa, the testaceous powders should be freely administered.

HOOPING- OR CHIN-COUGH.

This disease usually comes on with a difficulty of breathing, some degree of thirst, a quick pulse, and other slight febrile symptoms, which are succeeded by a hoarseness, cough, and difficulty of expectoration. These symptoms continue, perhaps, for a fortnight or more; at the end of which time the disease puts on its peculiar and characteristic form, and is now evident, as the cough becomes convulsive, and is attended with a sound which has been called a whoop.

Treatment.—At the commencement of this disease, emetics of ipecacuanha and antimonial wine should be given every evening for a week. The bowels should be kept open, daily, by powders composed of jalap, calomel, and James's powders, interposed occasionally with a dose of castor oil. All purgatives should be given in the morning, or as early as possible in the day, that their operation may be over before night, so as not to disturb the child's rest. During the day or night, a table-spoonful of the following mixture may be repeatedly given to a child, of from two to three years old, when the cough is troublesome:—

Dissolve two scruples of sal sodæ in half-a-pint of soft water; to which add two drachms of ipecacuanha wine, and ten drops of laudanum, and sweeten with barley or lump-sugar. The hands, the soles of the feet, the spine of the back, and the pit of the stomach, may be rubbed with oil of nutmeg, oil of amber, or sal volatile, or with any stimulating and antispasmodic liniment.

Change of air, when the season permits, will generally be found useful; but discrimination will be necessary, as it may, in some cases, prove hurtful. Pure air, however, is necessary in all stages of this complaint. Should the fever run high, the breathing become laborious, and the cough so violent as to cause the face and neck to be black and swollen, with symptoms of suffocation, recourse must be had to bleeding, either by the lancet, leeches, or cupping. Should these distressing symptoms still continue after the operation, the bleeding should be repeated in three or four days. The inhaling of atmospheric air, slightly impregnated with the fumes of boiling tar, and the oxysyrup of the lobelia inflata, have been found valuable remedies in allaying the cough. The tincture of colchicum seeds, in the dose of from five to fifteen drops, three times a-day, has also been much recommended in this disease. From the commencement of the hooping-cough till it runs its course, and for some time after, even for children of five or six years of age, the diet should be little more than milk and broths. These are easily digested, and will afford much more good nourishment than any kinds of meats, and will sit much lighter on the stomach than puddings, or pastry; the latter of which is exceedingly injurious. Should the milk be found to curdle on the stomach, a little common salt, or testaceous powder, may be added to it occasionally; or ass's milk may be substituted for cow's. This plan will be all that is required in the common hooping-cough; but there are many cases which will require other means, and demand all the skill of an experienced physician. When taken in time, and properly treated, this disease is rarely fatal as long as the patient is free from fever, or other

disease, except to young infants ; but it is no doubt contagious, and the system once infected is secure from future attacks.

INCONTINENCE OF URINE.

This disease consists in an involuntary evacuation of urine. When the complaint arises from relaxation, tonics and astringents are indicated ; and the principal remedies are the cold hip-bath, bark, blisters over the lowest part of the back-bone, the tincture of cantharides, the shower-bath, and rubbing the spine with camphorated and soap liniment. Incontinence of urine is frequently met with in young boys and girls, arising too frequently from the effect of laziness, or bad habit : in this case they should avoid drinking any fluid, and empty the bladder, before they go to sleep. When, in adult persons, the complaint does not yield to the above precautions, one-fourth of a grain of the powder of cantharides, given with milk of almonds, every evening, has been known to be of service.

INFLAMMATORY SORE-THROAT.

This disease commences with an unusual sense of tightness in the throat, particularly on swallowing, which is often effected with difficulty and pain. The inflammation generally attacks one tonsil first, which, in a day or two, it sometimes leaves, and affects the other, and not unfrequently quits them both suddenly, and flies to the lungs.

Treatment. — If the patient be of a plethoric habit, and the inflammation runs high, bleeding from the arm should be had recourse to. Emetics may be administered at the onset, composed of half-a-grain of tartrate of antimony (tartar emetic), and two drachms of ipecacuanha wine. If leeches are required, they should be placed under the lobe of each ear. Saline diaphoretic and purgative draughts may be employed according to circumstances. After the inflammation is a little reduced, the following gargle may be frequently used : —

Take of Muriatic Acid, twenty drops ;
Syrup of Roses, two ounces ;
Infusion of Roses, six ounces.
Mix.

INDIGESTION.

No diseases incident to the human body are more frequent than those of the stomach and bowels, or more fatal in their event, when neglected, or improperly treated. The importance of the stomach is well known to every anatomist and physician. A late eminent physiologist has emphatically styled it “ the life of the animal.” It extends its influence to the brain and to the heart, governs every subordinate spring of the human frame, and diffuses health or disease to the most remote parts of the body. Could we but see the stomach and intestines busily employed in the concoction of our food by a certain undulatory motion ; the heart working day and night, like a forcing pump ; the lungs blowing alternate blasts ; the humours filtrating through innumerable strainers ; together with an incomprehensible assemblage of tubes, valves, and currents, all actively and unceasingly employed in support of our existence, we could hardly be induced to stir from our places from dread of deranging the wonderful machinery and that vital emanation which sets and keeps the whole in harmonious motion.

The increased number of stomach complaints may, in a great measure, be attributed to modern luxury. The stomach becomes satiated with the great variety of food it is compelled to receive ; and, from being kept in a constant state of excitement, is rendered sooner or later incapable of performing its functions. Dyspepsia, or indigestion, is sufficiently characterised by the following symptoms :—Loss of appetite ; nausea, with occasional vomiting ; sudden inflation, with pain in the stomach and bowels ; acidity, with cramp or spasms ; tremours, fainting, palpitation ; incubus, or night-mare ; drowsiness, stupor, headach, cold legs and feet, dimness of sight, vertigo, incapability of steady thought ; pyrosis, or water-brash ; and constipation of the bowels, sometimes alternating with

diarrhœa, or looseness. When costive, the urine is high coloured, and small in quantity ; when the bowels are relaxed, colourless, with an increased secretion. These sympathetic affections frequently arise from intemperate habits of eating and drinking, inducing debility, and rendering the stomach incapable of performing its office. To understand the manner in which the digestive organs suffer from intemperance, it may be necessary to sketch the outline of the process of digestion. In health it is uniform, and may be described in the following manner : —

The food taken into the mouth is broken down by mastication ; and, by mixing with the saliva, it is macerated and reduced to a pulp : thus prepared, it is conveyed into the stomach, immediately subjected to the action of the gastric liquor, and further reduced to a soft mass, called the chyme. This mass, being sufficiently digested, is expelled from the stomach into the alimentary tube, where its most nutritious parts, like a fine emulsion, which is called chyle, are strained off, and absorbed by the lacteals or milky vessels, and discharged into the receptacle of chyle ; whence, by the thoracic duct, it is conveyed into the blood ; and, by agitation in the lungs, and repeated circulations with the general mass, at last acquires the same colour, quality, and consistence, as that fluid ; or, in other words, is elaborated and assimilated with blood.

It therefore becomes manifest, that whatever weakens the digestive energies, and prevents the formation of a pure and perfect chyle, must sooner or later disturb the whole system. There can be no doubt, that the process of digestion being deranged, an imperfect chyle is formed, too crude to incorporate with the blood without producing innumerable mischievous effects.

Treatment. — The dyspeptic symptoms before enumerated being indicative of a debilitated state of the stomach, induced by intemperance, the means most likely to relieve, and finally to remove them, will be the avoidance of all stimulants (that may act directly or indirectly on the stomach), and the use of appropriate medicine.

The remote cause of dyspepsia is intemperance ; it matters not whether it be intemperate exercise of the mind or body, indulgence in late hours, exposure to the impure air of heated and crowded apartments, or excess in what we eat or drink. Either of these excitements, if long continued, will weaken the digestive organs, and induce dyspepsia ; therefore they must be strictly avoided before the patient can hope for the relief or cure of his ailments.

Temperance in all things must be rigidly enforced, particularly in the exercise of the body or mind, and in the quantity and quality of the aliment. Whenever it is practicable, all former habits, especially those of an injurious tendency, should be abandoned.

This being observed, the following brief outline of a dietetic plan may serve as a guide : —

For breakfast, tea, coffee, or cocoa, with a large proportion of milk (together not exceeding two-thirds of a pint), with toasted or stale bread, and cold beef or mutton, in small quantity. New bread and hot-rolls should be prohibited.

For dinner, the quantity of animal food should greatly exceed the vegetable, being more easily digested, affording a much greater proportion of nutriment, and not being so liable to run into those acetous fermentations, which occasion flatulency and pain in the stomach and bowels.

The quality and quantity of animal food must, in some measure, depend on the habits and palate of the patient.

Salted meats should be used sparingly ; beef and mutton, game and poultry (roasted or boiled), are articles that will agree with the majority of dyspeptic stomachs better than veal, lamb, or any other animal diet in the extensive catalogue of the larder.

Meat rather under-done, with the gravy in it, is not only more nutritious, and more easily digested, but a smaller quantity will be sufficient to allay the cravings of hunger ; the stomach will not suffer from being overloaded, and the unpleasant feelings consequent on a full meal will be avoided. Rich made-dishes and sauces are injurious.

To white fish there can be objection ; but salmon, and other rich and oily fish, should be rejected.

Due attention being paid to the quantity and quality of the food, four or five hours should pass between each meal, that the process of digestion may not be disturbed. Thus, breakfast may be taken at eight or nine o'clock ; luncheon at one ; and dinner at five or six. The luncheon should consist of one plain biscuit and a small glass of toast-water.

As a beverage, one table-spoonful of brandy, in half-a-pint of cold water, may be taken with the dinner, unless the patient should complain of acidity or heartburn : in that case, as soda-water would be a corrective, it should be preferred with or without the same quantity of brandy. If dinner be at six, supper is unnecessary, especially if tea be taken. However, the lighter the supper the more pleasant will be the repose of the succeeding night.

Regular exercise in the open air must not be omitted.

The patient will require at least seven or eight hours rest in bed ; nothing contributes to renovate the mind or body after fatigue more than repose ; sleep, if not natural, should be induced by some gentle opiate.

It has been observed, that a total abandonment of former habits would be necessary : to this general rule there may be some exceptions. One individual abstaining from wine finds his spirits exhilarated, and perceives a daily improvement in his health ; another becomes depressed and desponding, with loss of appetite, &c. In this case, the quantity of wine should be gradually diminished ; but, at an advanced period of life, it would be imprudent to withdraw the stimulus, which long-continued habits have, in some degree, rendered necessary, without substituting brandy and water.

Agreeably to the plan laid down, each meal may be regulated ; nevertheless, it is not presumed that this brief outline will suit every stomach ; the human constitution is too variable to admit the indulgence of such a presumption.

Above all general rules, the patient's own experience will be, in point of regimen, his best physician : a careful atten-

tion to his feelings, after the use of different aliments, will teach him which to select, or to avoid.

When the bowels are brought into regular and daily action, the patient may return to the very moderate use of generous wine, and no longer confine himself to the strict regimen herein prescribed.

This outline is submitted not only to those who are suffering from dyspepsia, but likewise to those who, from present indulgence, may suffer hereafter. The latter have only to adopt a moderate regimen, and keep the bowels in regular action, to avoid all dyspeptic ills ; the former, who are suffering from dyspepsia, require not only a temperate and strict regimen, but likewise the aid of such remedies as are known to strengthen the stomach and bowels.

Costiveness, the constant concomitant of dyspepsia, must be obviated ; hence every medicine prescribed to renovate the energies of the stomach should, at the same time, act as a gentle aperient ; for, although much must depend on attention to regimen, yet without the assistance of medicine the recovery will be protracted and doubtful. For the purpose of regulating the bowels the anti-dyspeptic pill may be taken as the most effective in gradually restoring the energies of the stomach, and exciting a regular peristaltic motion of the bowels.

If the stomach has suffered from continued bad digestion, or over-stimulation, the following draught should be taken two or three times a-day : —

Take of Compound Infusion of Gentian, ten drachms ;
Subcarbonate of Soda, eight grains ;
Spirit of Pimento, one drachm ;
Tincture of Calumba, one drachm.

The late Mr. George Bell, surgeon, considered sponging the body with Dr. Scott's nitro-muriatic acid of great use in the general debility of dyspeptics.

ITCH.

This disease is characterised by an eruption of pustules,

or of small vesicles, which are subsequently intermixed with, or terminate in, pustules: it is accompanied by constant itching, but not with fever, and is generally considered contagious. It usually appears about the wrist, fingers, arms, and thighs, but seldom on the head.

Treatment. — There are few complaints that have been treated with so many remedies, and none with so many pretended specifics, as the itch. The simplest and most certain cure is to be obtained from the use of the sulphur ointment, which should be well rubbed on the part affected every night till the eruption entirely disappears. The offensive smell of the sulphur ointment may be much diminished by adding a few drops of the essence of bergamot or lavender. The internal use of sulphur will, in all cases, assist the effects of its external application. Fumigation has also been much employed on the Continent for the cure of itch. This is produced by throwing half-an-ounce of sulphur, mixed with two drachms of nitre, into a warming-pan of hot coals, which is to be used after the manner of warming a bed. The patient is then to strip, and get under the clothes, which are to be closely tucked round his neck and shoulders to prevent as much as possible the gas from escaping. This process should be repeated for about seven nights; and Dr. Gale states, that even the worst cases may be cured in this way. These are the safest and most effectual applications, and should be employed whenever practicable.

JAUNDICE.

This disease comes on usually with languor, inactivity, loathing of food, disturbed sleep at night, acidities of the stomach and bowels, and a frequent sense of nausea. As it advances in its progress, the skin and eyes become of a deep yellow, there is a bitter taste in the mouth, the urine is very high-coloured, the stools are of a grey or clayey appearance, and a dull obtuse pain is felt in the right side, which is much increased by pressure.

Treatment. — An emetic at the commencement is often beneficial in removing the bile. Mercury in small doses, with the

saline aperients, should be administered ; such as a five-grain blue-pill, and a brisk purgative, in the morning. Plummer's pills should be occasionally given, with a course of mild bitters ; such as taraxacum, calumba, gentian, &c., with saline aperients. If there is much pain, accompanied with fever, saline draughts and opiates should be prescribed. A generous diet (if the constitution will admit), cheerful company, and moderate exercise, especially riding on horseback, go very far towards effecting a cure of this disease.

MEASLES.

Previously to the eruption of measles the eyes become tender and inflamed, discharging a thin humour ; there is also a discharge from the nose, with occasional sneezing ; and sometimes a hoarseness, with a frequent dry cough. On the third or fourth day an eruption, like flea-bites, appears in the face, neck, and breast, and soon after in the body and limbs. In its ordinary course, measles is a disease unaccompanied with danger.

Treatment.—During the measles children ought to be kept in bed ; the room should be large and airy, free from currents of cold air, but not hot ; a grain or two of James's powder, with saline draughts and cooling drinks, should be administered. If the cough be troublesome, it may be useful to breathe the steam of warm water, not through an inhaler, but over a large basin, with the head covered with a flannel large enough to hang over its edges ; and by this means the inflamed eyes will also have the benefit of the relaxing vapour. The almond emulsion, or linseed-tea, may be taken freely. Digitalis is a useful medicine in measles ; and it may be joined with nitre and syrup of poppies, as in the following formula : —

Take of Tincture of Digitalis, ten drops ;
Syrup of Poppies, a drachm and a half ;
Purified Nitre, ten grains ;
Almond Emulsion, an ounce and a half.
Mix, and make a draught.

Should pulmonic symptoms, as cough, and oppressed breathing, become distressing, an infant may be bled with leeches. From a child blood may be taken from the arm; and, if not relieved by the evacuation, blisters may be applied. This, with keeping the bowels moderately open, is all that is requisite in most cases of measles.

Two or three doses of opening medicine are necessary after the termination of this disease.

MENSTRUATION.

Menstruation is a natural secretion, of a red colour, from the womb of every healthy woman who is not pregnant, or who does not give suck, bearing the name of menses, menstruation, &c, because it returns pretty regularly every month. Some women, however, have their courses every fifteen days; others every two months, others at times indetermined; and lastly, a very few never have experienced this indisposition. Certain particular signs indicate the approach of the menses, such as a feeling of heaviness in the loins, lassitude in the limbs, prickling, and pain in the breasts, &c. Women are often subject to great irritability while menstruation continues; the least noise alarms them; they are affected by the smallest contradiction, and are very irascible.

The interruption of the menstrual discharge may be considered of two kinds; the one, where the menses do not begin to flow about the period of life at which they generally appear, which is called retention, and is frequently associated with chlorosis or green-sickness; the other, where, after having made their appearance, they cease to return at their usual periods, from other causes than conception and the advanced change of life; this is called suppression.

Retention of the Menses, and Chlorosis—Green-Sickness.—The cause of this disease seems to be a debility or laxity of the constitution in general, and of the uterine system in particular. The general symptoms attending retention of the menses and chlorosis are heaviness, pains in the back, loins,

and hips, flatulency, loss of the healthy complexion, and acidity in the stomach and bowels, with dyspepsia.

Treatment.—The cure of this disorder is to invigorate the system in general, and to excite the action of the uterine vessels. The first of these is to be effected by a generous nutritive diet, and a moderate use of wine ; by regular exercise on horseback, cheerful society, and by a regular recourse to tonic medicines, as bark, myrrh, steel, &c., with the daily use of some chalybeate-water. The second indication is best answered by walking, jumping, dancing, the warm-bath, heat applied by steam, or otherwise, to the region of the uterus, and by purging with aloes, scammony, &c. If the desired effect is not produced by these remedies, the following mixture may be advisable :—

Tincture of Bark, once ounce ;
Muriated Steel, one drachm ;
Spanish Flies, half-a-drachm ;
Cinnamon Water, half-an-ounce.

Mix. A tea-spoonful may be taken in a little water three or four times a day.

Suppression of the Menses.—Any interruption occurring after the menstrual flux has once been established in its regular course, except when occasioned by conception, and the change of life, is always to be considered as a case of suppression.

When this suppression has occurred suddenly, and has been occasioned by exposure to cold, or some depressing mental emotions, a fit of anger, or any other similar cause, dry friction over the thighs, hot fomentations over the lower part of the bowels, a warm bath, or hip-bath, and some aromatic warm drink, will generally prove of service.

For suppression of the menses, depending on excessive irritability, in a thin, nervous female, the most efficacious remedies are, cold bathing, or cold effusions, if the state of the constitution will admit of them, and corporeal exercises, such as gardening and walking, and aperient conjoined with antispasmodic drugs. About the period for the appearance of the menstrual discharge, it should be encouraged by the

warm resinous purgatives, by the preparations of ammonia and guaiacum, or by fumigations of assafœtida, directed towards the uterus, by means of an inverted funnel. Attention must be paid to secure regularity in the alvine evacuation, and the infusion of gentian and senna, combined with myrrh, is the best purgative in the treatment of this disease.

Dysmenorrhœa, or Painful Menstruation, is a very common and distressing state, in which medical assistance is frequently solicited. The pain in the loins and abdomen is often in the highest degree acute, lasting two, or even perhaps three days. These painful symptoms admit of some relief from a small blood-letting, the hip-bath, sitting over the steam of hot water, with other relaxing measures; and from the internal use of camphor, or of the preparations of ether, or of ammonia, with henbane, &c.

MUMPS.

This disease chiefly affects children particularly among the lower class of people; it is often epidemic, and by some practitioners supposed to be contagious.

The mumps generally commences with a swelling or inflammation of the glands, immediately situated under the ears, a slight fever, a quick pulse, and loaded tongue. The child complains of pain in the neck, and soreness in the throat; the tumour increases during three or four days, and then gradually declines.

This disease seldom requires the assistance of medicine; and all that is in general requisite, is to keep the head and face warm, to avoid taking cold, and to open the bowels by the mildest cooling laxatives, and to use the antiphlogistic regimen. Should the breasts in the female, or the testes in the male be effected, more active treatment will be necessary, and the aid of a physician should be obtained to prevent the destruction of those organs.

NETTLE RASH.

This eruption, so called from its resemblance to the effects

produced by the sting of a nettle, is not contagious, though in many instances it is attended with fever. It is rather a troublesome, than a dangerous complaint. It is usually accompanied with a violent headach, drowsiness, coldness, and shivering, succeeded by great heat, and a white fur on the tongue.

The nettle rash occurs chiefly in summer, and more frequently among persons of the plethoric or sanguine habit, especially those who indulge too freely in eating and drinking. A cooling regimen, and subacid diluents, with a free exposure to pure air, generally succeed in effecting a cure of this disease without any other medical treatment. A gentle laxative or two, however, should be added to the domestic means; and, if the itching be very troublesome, it may be often allayed by the use of camphorated vinegar. In the chronic disease, an infusion of serpentaria (snake root) may be employed with advantage, in the proportion of two drachms to a pint of water. Two table-spoonsful for a dose.

PILES.

This disease consists in small tumours situated sometimes externally, sometimes internally, and sometimes on the verge of the anus. They are generally separate, round, and prominent; and sometimes the tumour consists only of one tumid, or varicose ring, surrounding the anus. A discharge of blood from these tumours, particularly on going to stool, distinguishes the bleeding piles from the blind piles, in which latter there is no discharge.

These affections may be occasioned by habitual costiveness, hard riding, excesses of various kinds, the suppression of some long-accustomed evacuation, and by a frequent use of aloetic or of drastic purges. Pregnant women are frequently afflicted with the piles, from the pressure of the gravid uterus on the pelvic veins, and from the costive habit to which such women are usually liable.

Treatment.—In attempting a cure of this complaint, our first attention must be directed to the cause, as far as we can

ascertain it. If the bowels be habitually costive, gentle laxatives should be employed daily ; and, where the complaint has been induced by excessive walking, or other muscular exertion, quiet and a recumbent position must be sedulously enjoined. The laxatives in either case may be the cassia or senna confection, with milk of sulphur, or castor oil.

Take of Confection of Senna ;

Cassia, of each one ounce ;

Milk of Sulphur, two ounces ;

Simple Syrup, sufficient quantity to form an electuary.

Two tea-spoonsful to be taken night and morning.

Where the pain and tension are very distressing, relaxant cataplasms and fomentations are generally advisable. The common bread poultice, with a few drops of laudanum, is one of the best. Anodyne suppositories may be advantageously employed for the same purpose. If the tumours be much inflamed, leeches applied to them will be found an important remedy ; and when this symptom is removed or mitigated, local tonics and astringents should be had recourse to. The patient may sit frequently on a bidet of cold water. An ointment of galls is often very useful, with opium to relieve pain.

When the constitution has become habituated to this disease, and the parts have suffered from its frequent occurrence, Ward's paste has been used with great benefit. Persons subject to piles have derived much benefit by chewing fifteen or twenty grains of the root of Turkey rhubarb every night on going to bed. Cooling lotions are sometimes required, such as half a drachm of white vitriol to half a pint of water.

PROTRUSION, OR BEARING DOWN OF THE RECTUM.

This disease is most frequently met with in children of a weak habit, or who have been much affected with severe purgings. Astringent injections, made with the infusion of galls or oak bark, with a small proportion of opium, after the

gut has been replaced, which should be done by means of a small candle, with the end besmeared with fresh spermaceti ointment, have been advantageously used. The child, for some time afterwards, should not be permitted to strain, nor assume the usual position at stool, but should be kept in the erect posture, with his hips held together, so as to compress and support the gut. Children affected with this complaint should usually sit on a hard, flat-bottomed stool, or a chair without arms, and of such a height that their feet may not touch the ground.

PUTRID SORE THROAT.

This disease usually makes its attack with cold shiverings, anxiety, nausea, and vomiting, succeeded by heat, restlessness, thirst, debility, and oppression at the chest. The face is flushed, the eyes are red, and a stiffness is perceived in the neck, with a hurried respiration, hoarseness of voice, and soreness in the throat. Upon viewing the internal part of the mouth, there appears a fiery redness in every part, with a degree of swelling in the tonsils. This soon changes to a dark red, and becomes interspersed with a number of specks, of a shade between a light ash colour and dark brown. The tongue is covered with a thick brown fur, the breath is exceedingly offensive, and there is a general irritation or disturbance of the nervous system.

Treatment.—At the commencement of this disease, an emetic of ipecacuanha has been found of great service, by cutting short the progress of the disease. If the emetic should not operate on the bowels, half-an-ounce of Glauber salts may be administered, but both remedies should be employed with caution; for, should they produce violent diarrhœa, to which there is generally a great disposition, they will, by reducing the strength of the system, tend to accelerate a fatal termination. Blisters may be applied to the back of the neck, and the strength of the patient supported by strong broths, and wine with sago, according to circumstances. The carbonate, or compound spirit of ammonia (sal volatile), or compound tincture of quinine, may be exhibited with the

same view. In conducting the cure of this disease, cleanliness, pure air, and a free ventilation, are of the utmost importance, and especially the cleansing of the fauces frequently with acidulated or antiseptic gargles. The cayenne pepper gargle will answer the purpose extremely well; inhaling also the vapour of ether, or ammonia, rubbing the body with camphorated spirits, and taking acidulated drinks, decoction of bark, a solution of chloride of soda, camphor, Mindererus's spirit, ether, and other diffusible stimulants. If the bowels become disordered, aromatics and astringents, with spiced wine and cordials, will be proper. The diet should consist of arrow-root, gruel, and the like, with wine or brandy. Bottled porter is frequently recommended in consequence of the carbonic acid which it contains. Basins containing a solution of chloride of lime should be placed round the bed.

QUINSY.

Vide Inflammatory Sore Throat.

RHEUMATISM.

This disease is distinguished into acute and chronic. The *acute* commences with the usual symptoms of fever, accompanied with pain, swellings, and redness of the joints, generally of the knees, hips, ankles, shoulders, elbows, and wrists, while the smaller joints of the toes and fingers are seldom affected. The pain, and sometimes the fever, is much increased in the evening.

Rheumatism may arise at all times of the year, when there are frequent vicissitudes of the weather, from heat to cold; but the spring and autumn are the seasons in which it is most prevalent.

Treatment.—In the acute rheumatism the general antiphlogistic plan of treatment is to be pursued, so long as the febrile and inflammatory symptoms are severe. After freely opening the bowels with Epsom salts, rhubarb, castor oil, or calomel, the chief object is to endeavour to procure a general and mild diaphoresis, by giving James's powder, assisted by opium, or

other narcotics, which may also alleviate the pain, and occasionally by the use of the warm, or vapour-bath, where the skin is particularly harsh and dry. The wine of colchicum prepared from the seeds, and the root, in the dose of twenty to forty drops twice a-day, in a wine-glassful of camphor julap, has been much extolled as a specific for acute rheumatism.

Chronic rheumatism has as many, and nearly the same, varieties as the acute. It becomes fixed in the loins, in the hip, in the knee, but seldom in the chest. Its symptoms are in most respects like those of acute rheumatism, only that there is little or no fever: so that, while the general heat is very considerable, and the pulse usually upwards of a hundred strokes in a minute in the acute species, the skin in the chronic species seldom exceeds its natural temperature; and the pulse is rarely quicker than eighty strokes; the joints are less swollen, and of a pale, instead of a reddish hue, are cold and stiff, and roused with difficulty to a perspiration, and always comforted by the application of warmth. Every symptom of this form of rheumatism proves it to be a disease of debility, consequently the mode of treatment must be founded upon this idea. Hence stimulants of almost all kinds are found serviceable; such as the ammoniated tincture of guaiacum, the balsam of capaiva, spirit of turpentine, &c. Quinine, and other tonics, warm-baths, vapour-baths, local applications, frictions, continued for a quarter of an hour at a time, and afterwards with the ethereal opodeldoc, are resorted to by physicians of the present day. Whatever remedies are used it will be absolutely necessary to persevere with them for a considerable length of time, in order to obtain from them the desired advantage. According to Dr. Turnbull, the veratrine ointment has been used in all forms of rheumatism with decided success; but Dr. Copland states, that he has been far from equalling the success of Dr. Turnbull in his employment of veratria. Chamois leather has been found an effectual means of preventing attacks of chronic rheumatism. A complete dress ought to be worn by those who are subject to this disease. The leather washes like linen; but it should not be washed in hot water.

RICKETS.

This disease is peculiar to infants and children from the age of six months to two or three years ; and, if not cured before the fifth or sixth year, the body continues weakly and deformed.

The rickets is indicated by an enlargement of the belly, head, and joints ; the swelling first commences in the wrists and ankles, extends to the knees and elbows ; subsequently the bones throughout the frame are enlarged, and lose their consistence and solidity. The remote causes of this disease are bad nursing, bad food, &c. Mothers should be cautious of putting female infants too soon on their legs, particularly if there be the slightest appearance of rickets or scrofula in the system.

Treatment.—As this disease appears to arise from a general weakness and relaxation, the indications of cure are to brace and strengthen the solids, and to promote digestion, and the formation of good chyle. These ends will be attained by wholesome and dry food, suited to the age ; good bread or biscuit ; and roasted meats rather than boiled, with a little Port wine ; by cold bathing, friction, bathing the back with spirituous embrocations, or warm balsamic liniments ; by strengthening plasters, gentle emetics of ipecacuanha, mild purges, with rhubarb, as occasion may require ; and by bark, chalybeates, air, and exercise. The child must, above all, have good nursing ; and if it be too young to exercise itself by walking and such like, the nurse, besides affording it every exercise it can bear, should dash a few drops of water suddenly in its face several times a-day. This will oblige the infant to put almost every muscle into action, by which the blood will be forced through the minute vessels, and many of the advantages of exercise produced, and in a more powerful manner.

SCALD-HEAD.

There are two distinct species of this disease — the one commonly known by the term scald-head, the other by that of the ringworm of the head.

The scald-head continues, in some instances, from three to eighteen months ; and is in general too well known to need description.

Treatment. — The head should be shaved at least once a week, washed twice a-day with warm soft-soap and water, and anointed after each washing with the zinc ointment, or the diluted citrine ointment. During the use of these ointments, a cap made of oiled silk should be worn. The bowels should be attended to ; and alteratives, as sarsaparilla, mercurials, &c., will assist the cure.

Ringworm. — The eruption termed ringworm is also too well known to require any description. A very popular application is common ink, the efficacy of which chiefly depends on the steel it contains. When the scalp is much affected, the head should be shaved every four or five days, washed twice a-day with warm soft-soap and water ; and the following lotion applied night and morning :—

Borax, one ounce ;
Distilled Vinegar, four ounces ;
Elder Flower Water, twelve ounces.

The oiled silk cap should be constantly worn, and mild purgatives taken every second day.

SUPPRESSION OF URINE.

Suppression of urine is often produced from the situation of patients preventing them from evacuating the bladder when it is demanded ; and they continue to suffer until they are at liberty, and the power of evacuation is lost. The bladder, from over-distension, is paralysed ; and the sufferings of the patient go on increasing.

Treatment.—A suppression of urine always requires prompt assistance : if relief be too long delayed the consequences are distressing. Bleeding, warm fomentations, emollient clysters, mucilaginous drinks, light broths, &c., are to be resorted to according to the symptoms of the patient. The following mixture has frequently been employed with decided benefit :—

Three grains of camphor, and five grains muriate of ammonia, made into an emulsion, with gum arabic, and taken every two hours.

ST. ANTHONY'S FIRE. (*See Erysipelas.*)

SEA-SICKNESS

Is a nausea, or tendency to vomit, which varies in respect of duration in different persons upon their first going to sea. Camphorated spirit, sal volatile, and Hoffman's ether, a few drops of each, mixed in a small quantity of water, or upon a small lump of sugar, have frequently afforded more relief than all the various remedies extolled for this unpleasant sensation. Sea-sickness is considered to be of service in asthma and consumption.

SCARLET FEVER

Is a contagious disease, which spreads rapidly among children, and is often either very mild, or very severe and malignant. In its mild state, it requires scarcely any medical treatment ; and even under injudicious management need not occasion much alarm. But in its severe character, it requires the most skilful and judicious management on the part of the physician to bring it to a happy termination.

This fever begins with a chilliness and sickness at the stomach, with vomitings ; sometimes with a soreness in the throat, and swelling in the face. On the second day, difficulty of swallowing, loss of appetite, great thirst, hot and dry skin, are complained of. On the third day, the face, neck, and breast, appear redder than usual. On the fourth day, the face begins to swell ; the rash, like that of a boiled lobster-shell,

becomes universal, and increases to a great degree of intensity ; it afterwards coalesces and disappears, leaving a desquamation of the skin, which falls off in branny scales, and the patient begins to recover strength and appetite.

Treatment.—All that is requisite in the treatment of mild scarlet fever is to keep the patient in a moderate and equable temperature, to preserve the apartments clean and open, to enforce a light diet without animal food, to give cooling acidulated liquors for common drink ; and to administer gentle aperients, more particularly towards the decline of the eruption.

Where there is a sensation of soreness in the throat, and the head appears much affected, and where the symptoms of fever run high, no time should be lost in sending for a physician. If one cannot be had, an emetic of antimonial wine should be given ; after the operation of the emetic, a dose of James's powder, combined with calomel, should be taken, and repeated every three or four hours until the bowels operate. When the skin is very hot and dry, the whole body may be sponged with tepid or cold water, which will refresh the patient, moderate the heat of fever, and dispose to a calm sleep. The throat should be often gargled with infusion of roses ; or, if the child be too young to perform that operation, it should be syringed. When the throat is much affected, and the fever of a low kind, bark, quinine, camphor, muriatic acid, the chlorates, &c., should be given internally, and the chlorates used in the form of gargle or lotion. The scaly appearance of the skin after this disease may be removed by dissolving about an ounce of sal soda in a warm-bath. During convalescence the secretions and excretions ought to be promoted, more especially those from the bowels ; and a warm-bath occasionally resorted to at bed-time.

SCIATICA

Is a fixed pain in the hip-joint, like the rheumatism, to which it is akin ; it is also called the hip-gout. The veratrine ointment has lately been much used, and with success, for this complaint. It is usually treated by the same medicines as are given for the removal of chronic rheumatism.

SCURVY.

This disease is characterised by extreme debility, by a pale and bloated complexion, spongy gums, offensive breath, fœtid urine, and extremely offensive stools.

The exciting causes of scurvy are generally a diet affording unsuitable kind, or inadequate quantity, of nourishment ; but particularly, salted, or corrupted animal food ; scanty supply of water, or bad water ; also coldness of climate, season, or situation, especially when combined with moisture, a foggy atmosphere, and such other causes as depress the nervous energy, as indolence, confinement, neglect of cleanliness, sadness, despondency, &c. Sailors on long voyages, and persons shut up in besieged places, are generally most subject to this disease.

Until the year 1796, scurvy may be said to have been the universal scourge of our maritime connexions ; and it is supposed to have destroyed more sailors than the various accidents incidental to a sea life, united with the terrific consequences of naval warfare ; but its appearance at the present day is most rare, as is well known to every practitioner of medicine. This salutary change is fully accounted for by the better drainage of the country ; by the introduction of fresh vegetables as a considerable proportion of the habitual diet of the people ; and those improvements in our national economy, by which the use of fresh meats has been rendered available at all seasons of the year, and substituted for the dried and salted provisions, formerly a principal article of subsistence throughout the winter. The want of fresh vegetables at former periods is plainly evinced by the historical fact, that as late as the commencement of the sixteenth century, the art of gardening was so little understood in our country, that Katherine of Arragon, queen of Henry VIII., to procure a salad, was obliged to despatch a messenger to the Netherlands for it, and it was near the close of Henry's reign before the necessary vegetables for the purpose, as well as cabbages, turnips, carrots, and some other edible roots, were produced ;

the small quantity of this kind of food previously used having been imported from Holland and Flanders.

In the cure, as well as the prevention of scurvy, much more may be done by regimen than by medicines, obviating, as far as possible, the several remote causes of the disease, but particularly providing the patient with a more wholesome diet, and a large proportion of fresh vegetables. Beverages strongly impregnated with the juice of lemons and oranges, or the effervescing saline draughts, are very beneficial. Cleanliness and ventilation should also be carefully attended to, and the air of the room in which the patient is confined, as well as his clothes, should be warm and dry. The bowels should be kept in an easy soluble state, and a determination of the circulation to the skin maintained by the use of mild diaphoretics. The exhibition of bark and the mineral acids will be proper, in order to restore the system to its former vigour. Exercise, a generous and nutritive diet, and a life of great regularity and temperance, should also be enjoined.

SMALL-POX.

This is a highly contagious eruptive fever, which occurs but once during life. It commences with langour, drowsiness, pain of the head and loins, vomiting, and soreness of the stomach on pressure. On the third day, generally, there appear, first on the face, and successively on the inferior parts until the fifth day, small red spots gradually rising into pimples, which fill with puriform matter, afterwards dry into hard scabs, and on falling off, frequently leave pits and marks in the skin. Small-pox is divided into the distinct and confluent. In the former, the pustules are few, detached, circular, and turgid, having rose-coloured bases, accompanied with inflammatory fever, which abates considerably on the eruption taking place, and goes off almost entirely on its completion. In the confluent form of the disease, the pustules run much into one another, the fever is more violent, and of a low or typhoid character, and sometimes attended with coma and delirium. About the third or fourth day the eruption

usually makes its appearance, being frequently preceded or attended with a rosy efflorescence, similar to measles; but the fever, although it suffers some slight remission on the coming out of the eruption, does not go off as in the distinct kind; on the contrary, it becomes increased after the fifth or sixth day, and continues considerable throughout the remainder of the disease.

The treatment of small-pox will necessarily be different, as the disease is of the distinct or confluent kind, and according to the changes which take place in its successive stages. In the distinct form we should endeavour to moderate the violence of the inflammatory symptoms by vomiting, provided there be no material tenderness of the stomach, purging, antimonials, and saline diaphoretics, application of cool air, vegetable diet, subacid drinks, and a strict observance of the antiphlogistic regimen. In the confluent state, after evacuating the bowels with some mild aperient, and employing other means to moderate the fever, we should endeavour to support the powers of life by giving quinine or the preparations of bark, especially the decoction, with muriatic acid, or the infusion with spirits of Mindererus, or with the alkaline carbonates, or the preparations of ammonia or of camphor. But in all cases of this form of the disease, the advice of an able physician should be procured without delay, as the treatment requires to be varied according to the peculiar features of individual cases, and the different stages and states of the malady.

TIC DOULOUREUX

Is a painful affection of a nerve, so called from its sudden and momentary excruciating stroke; it generally occurs in the face, and is the most distressing disease to which the human frame is subject. The character of the pain is very peculiar, and its course corresponds exactly with that of the nerves. The disease has been occasionally mistaken for rheumatism and toothach, but the brevity of the paroxysm, the lancinating pungency of the pang, and the absence of all

inflammation, will always be sufficient to distinguish it from every other kind of pain.

Treatment.—When the state of the stomach permits their exhibition, in small doses, narcotics may be useful, such as acetate of morphine, extract of henbane, hemlock, opium, belladonna, &c.; the prussic acid in very small doses, and the carbonate of iron in doses from one scruple to two drachms thrice daily, have been sometimes successful. Bark and sulphate of quinine have also been tried with various results. Frictions with ether, laudanum, camphor liniment, or tincture of cantharides, are also much used. The veratrine ointment, according to Dr. Turnbull, has been employed with decided benefit. Dr. Sigmond related, at the Westminster Medical Society, some cases of cure by sulphate of quinine taken in the form of snuff. Small blisters, made along the course of the nerves with a grain or two of veratria, repeating the operation every three or four days, have frequently been successful in the treatment of this disease.

TOOTHACH.

The toothach often assumes a variety of different appearances, and is frequently brought on by cold or sitting in currents of air, in consequence of the decayed state of some part of the tooth, by which the nerve may have become exposed; it is also frequently occasioned by indigestion. In either case, in any serious attack of this complaint, aperient medicines will often be found the most efficacious mode of treatment. In cases of toothach arising from cold, particular attention should be paid to keeping the feet warm and dry. If the tooth be hollow or decayed, apply the compound tincture of benjamin, creosote, or some essential oil, upon cotton, to the part, or pills with camphor and opium, or chew the root of pellitory of Spain. The odontalgic tincture has generally been found to relieve the pain in a few minutes. If there be inflammation, apply a leech to the gum, and give some aperient medicine. If it proceeds from cold or rheumatism, treat it as directed for those complaints. When

toothach is produced by slight caries, complete success has been known to follow the mere starting of the tooth from the socket by the instrument, and immediately pushing it back into its natural position.

TYPHUS FEVER.

This disease is likewise named putrid, pestilential, hospital, camp, and prison fever, from its appearing so frequently in such situations ; and when attended with purple or flea-bite spots, petechial or spotted fever.

Typhus fever generally commences with languor, dejection of spirits, amazing depression and loss of muscular strength, pains in the head, back, and extremities, and rigors ; the eyes appear full and heavy ; the tongue is covered with a brownish coloured mucus, which soon becomes dry and parched ; the proper taste is lost, the breath is offensive and hot, the body costive, the urine pale, the pulse frequent, small, and hard. There is sometimes a great load, feeling of heat, and oppression of the stomach, and not uncommonly bilious vomitings. Low muttering delirium, with stupor or lethargy, supervene in unfavourable cases, and often with involuntary movements and unconscious evacuations.

Treatment.—The most proper remedy at first, at the commencement of the disease, will be an emetic of about twenty grains of ipecacuanha with one grain of tartarised antimony (emetic tartar). After the operation of the emetic, the bowels may be opened with a few grains of calomel and compound extract of colocynth. Should the bowels not be acted upon by the aperient medicine, a clyster may be administered. Throughout the course of the disease, the patient, in no case, should be more than two days without a stool, as costiveness is apt to induce an increase of heat and affections of the head, as delirium, &c. If the surface of the body is dry, and hotter than natural, cold affusion or sponging will be highly beneficial, unless the patient complains of its being disagreeable to his feelings, or some pulmonary affection contraindicates its employment. If, on the other hand, the disease is marked with prostration

of strength, a feeble pulse, and embarrassment of all vital functions, it will be necessary to sustain the powers of life by stimulants, as wine, opium, bark, &c.; these, with the solution of the chloride of soda, or lime, taken internally, sponging the surface of the body with the same liquid, or with vinegar and water, will be the principal measures to be resorted to. Should vomiting or diarrhœa occur during the progress of this disease, the former will generally cease on taking ten or twelve grains of magnesia in a little peppermint-water, the latter by a few grains of mercury with chalk, or the chalk mixture with Dover's powders. Whatever is given to the patient for drink ought to be cold, and gently acidulated with the juice of oranges or lemons. The viscid phlegm, which collects about the tongue and teeth, should be scraped off by a knife, or be wiped away with a piece of lint dipped in a weak solution of chloride of soda. The prevention of typhus ought never to be neglected; besides fumigating the apartments, the clothes, bed, bedding, &c., should be well sprinkled with chloride of lime, paying the strictest attention to cleanliness in every respect, obliging those in health, as well as those tainted by the contagion, to undergo daily ablution with cold water.

SICKNESS.

Sickness of stomach occurs under three forms,—nausea, retching, and vomiting.

Nausea is a tendency to vomit, but there is no rejection: it lowers the pulse, contracts the small vessels, occasions cold perspirations, severe rigors and trembling, and diminishes the action, and even the general powers of life. The act of retching, and vomiting more especially, on the contrary, rouses rather than depresses, puts to flight all the preceding symptoms, and often restores the system to itself.

Treatment.—The best palliatives against all nauseas and vomiting, are effervescing saline draughts, and small doses of opium. Lemon ice, or very cold lemonade, is often serviceable, and more especially if mixed with mint-tea. When

the stomach is overloaded, or irritated by bile, or any other material that sits uneasily, the offending matter must first be discharged, and then the stomach restored to its proper tone and action by some aromatic cordial, or if necessary, by narcotics. Food should at first be given in the smallest quantity, and of the lightest kind. A little toast and water alone, taking in small sippings, or a small spoonful of brandy mixed with some thin arrow-root, will often sit easy when nothing else will remain. When sickness proceeds from a chronic debility of the stomach, the infusions of orange-peel, cascarilla, or calumba, with sal volatile, will be found useful. Vomiting is a very common attendant during the early stage of pregnancy; and, as it generally arises upon first getting out of bed in the morning, the patient should be recommended, under such circumstances, never to rise until she has taken some tea, coffee, or whatever else she has usually accustomed herself to for breakfast. If the vomiting should become so severe as to threaten a miscarriage, a saline draught, with a few drops of laudanum, may be serviceable; besides which, the bowels should be kept open with some gentle laxative. If these means do not succeed, bleeding from the arm will be necessary.

VOMITING OF BLOOD.

This species of hæmorrhage may be induced by any thing received into the stomach, which stimulates it violently, or causes a breach of structure; it also arises in females from a suppression or retention of the menstrual secretion. It is readily distinguished from hæmorrhage from the lungs, by its being usually preceded by a sense of weight, pain, or anxiety, in the region of the stomach; by its being unaccompanied by any cough; by the blood being discharged in a very considerable quantity; by its being of a dark colour; and by its being mixed with the other contents of the stomach.

Treatment.—If the patient be of a plethoric habit of body, and the symptoms indicate an inflammatory diathesis, it will be necessary to take away a small quantity of blood from the

arm. If he be of a weakly or leucophlegmatic habit, loss of blood will be improper. Should the hæmorrhage still continue, powerful sedatives and astringents, such as digitalis, sugar of lead, or acetate of zinc, may be given with good effect; and when the hæmorrhage has ceased, the decoction of bark with diluted sulphuric acid, may be prescribed with advantage. The bowels should be kept in a soluble state by the occasional use of Epsom salts and infusion of roses. If the patient complains much of pain or heat in the region of the stomach, a blister should be applied thereto without delay.

In every case it will be advisable, after the flow of blood has been checked, to guard against its return, by a careful regimen, and by continuing, for a considerable time, to take acidulated and astringent fluids.

SPITTING OF BLOOD.

When this hæmorrhage is slight, and consists simply in the expectoration of bloody sputa, without any other symptom, it may in general be easily checked by simple means. A small quantity of blood should be taken from the arm, and the patient's diet restricted to mucilaginous, acidulated, and slightly astringent liquids, containing nitre, or small doses of prussic acid. These remedies will usually be sufficient, especially if an antiphlogistic regimen is observed, and the patient avoids much conversation and walking about. When the spitting of blood is intermittent, that is, returns at regular periods, bark, or the sulphate of quinine, in infusion of roses, will be most useful. If the bleeding is considerable, astringents should be used; viz. :—

Powdered Dried Alum, eight grains :

Catechu, ten grains ;

Confection of Roses, sufficient to form a bolus, which may be taken every four hours, drinking after it some infusion of roses.

WARTS.

Warts may be destroyed by ligature, the knife, escharotics,

or powerful astringents. Many of the common pungent plants are employed by the vulgar for the same purpose, and, in various instances, answer sufficiently. One of the most frequent is the celandine, whose yellow acrid juice is applied to the excrescence daily or occasionally till it disappears. The pyroligneous acid, the liquor potassæ or ammonia, or the mineral acids, answer the same purpose. In Sweden they are destroyed by the wart-eating grasshopper. The common people catch it for this purpose; and it is said to operate by biting off the excrescence, and discharging a corrosive liquor on the wound. They often disappear spontaneously, and hence are sometimes supposed to be charmed away. All these applications, however, destroy warts less speedily and less certainly than the daily application of strong nitric acid, surrounding the part with a piece of diachylon plaster, to preserve the healthy skin from the action of the escharotic. When warts are situated on a joint, or on one of the lips, or on the eye-lid, it will not be prudent to use any caustic application, unless under the direction of a skilful surgeon.

WATER ON THE HEAD.

This complaint is distinguished into the external and internal; in the former, the water lies upon the surface of the brain, in the latter it is situated in the ventricles. Children are sometimes born with their heads enlarged from this disease, at other times it makes its appearance soon after birth.

The disease is almost peculiar to infants, and chiefly to those of a scrofulous or rickety habit. Morgagni asserts, that it is more common to girls than to boys. The attack is sometimes very sudden; but the complaint more commonly begins with the appearances of slow fever, especially in older children, with debility of the arms, and pains in the limbs, and frequently in the upper part of the neck. It has been sometimes remarked, that, in the commencement of the attack, the child has appeared to be more acute and lively than ever before, but the spirits decline as the disease advances. After a while the child is suddenly seized with pain in the

head, and generally in the fore part, and retches once or more; it becomes heavy and dull; can bear no posture but that of lying horizontally; the pulse becomes irregular, but usually very slow; as the disease advances it grows frequent, the cheeks become flushed, the pupils of the eyes are dilated, the stools and urine come away involuntarily, and the patient lies sleeping, or is convulsed, and at times in great pain. Other symptoms indicative of the disease are, a hand often put to the head, or lifted upwards, and waving about; costiveness; expressions of anxiety, and dislike to be moved; picking of the nose, and grinding of the teeth during sleep. These, and other symptoms, however, laid down as indications of water in the brain are, in some degree, common to other diseases of children, that are occasionally mistaken for the fever which accompanies water on the head.

Treatment.—In the inflammatory stage of this complaint, the temples should be covered with leeches, and repeated daily as long as any symptoms of inflammation appear. The head should be shaved, and sponged with cold water, while the body is kept in a warm or vapour bath, and the bowels freely emptied by the most active purgatives. To a child of four or five years old, may be given the following powders:—

Powdered Scammony, Calomel, and Jalap, twenty grains
of each;

Gamboge, ten grains;

Mix, and divide into six equal parts, one to be given every second or third hour, until they operate copiously.

In the second stage of this disease, or that in which the watery effusion has already commenced, and which is indicated by symptoms of a still more alarming nature, the pulse becomes slow and unequal, the pain in the head seems to abate, a lethargic torpor succeeds, and the squinting and dilatation of the pupils increase. The child lies with one or both eyes half open, which become insensible to the light; the breathing is laborious; the flushing of the face is frequent, but of short duration, and followed by a deadly paleness. In this

stage of the disease blisters must be applied to the nape of the neck, and James's powders, combined with calomel (from two to four grains of each), given every six or eight hours, until the mouth becomes affected. The body should be kept as much as possible in an upright position. In some cases strong coffee dissipates the drowsiness, recalls the lost warmth of the skin, and becomes the principal cause of cure. The diet in the earlier and more inflammatory stage should be strictly diluent, but when the disease has already run on for a number of days, with rapidly increasing debility and emaciation, it becomes necessary to support the strength with beef-tea, jelly, asses' milk, &c. When there is reason to suspect a predisposition to water on the head, the earliest attention should be paid to every deviation from the natural state of the functions of the body. To support their tone, and that of the whole system, by good air, nutritious un-irritating diet, and daily exercise, is a point of great importance.

WATER-BRASH.

This disease is most frequently to be observed amongst the poor; but sometimes, though rarely, in persons of more fortunate conditions in life. The paroxysms of water-brash usually come on in the morning and forenoon, after food has been abstained from for some hours, with a burning pain about the upper part of the stomach, which is often very severe; and, after continuing for some time, is followed by an eructation of thin fluid, varying in quantity, but in appearance always resembling water.

Treatment. — The compound decoction of aloes; combinations of the powder of rhubarb, with magnesia; the compound tinctures of rhubarb and cardamoms, and peppermint-water; the powder and compound tincture of rhubarb, with carbonate of ammonia and camphor-julap; combinations of the vegetable tonics, with aromatics, and large doses of alkalis, have all been recommended for this disease; but the absorbent lozenges appear to afford more relief than either tonics or bitters.

WEN, OR GOITRE.

This disease consists of a tumour on the fore part of the neck, formed by an enlargement of the thyroid gland. The tumour is very gradual in its progress, and often commences in females about the age of puberty. It is most prevalent amongst the inhabitants of mountainous districts, and countries bordering thereon.

In the incipient state, this disease will generally yield to the exhibition of burnt sponge internally, in doses of ten grains to half-a-drachm, three times a-day, and the use of camphorated mercurial ointment, applied by means of gentle friction externally. The form under which the burnt sponge is most usually exhibited, is that of a lozenge. Preparations of soda, potash, and iron, the muriate of barytes, and lime, have also been much recommended.

Of all the medicines, however, which have been administered for this disease, the substance called iodine is unquestionably the most efficacious. The formula recommended by M. Coindet, is that of an ointment composed of half-a-drachm of hydriodate of potash mixed with an ounce and a half of lard, of which a drachm should be rubbed in over the surface of the swelling, morning and night. The tincture of iodine may be taken in doses of fifteen to thirty drops, three times a-day, in some distilled water.

WHITLOW.

This disease is a very painful inflammation at the extremity of one of the fingers, or at the root or sides of the nail, slowly, but almost certainly, terminating in the formation of an abscess. Sometimes it extends gradually upwards to the hand, or even to the wrist.

Whitlows frequently arise from external causes, as bruises, pricks of needles, the lodgment of thorns, or bits of broken glass, &c., but still more commonly without any manifest cause, in which case it is probably connected with a bad habit of body.

Treatment.—The extent and violence of whitlows may be

checked by applying to the part affected, in the early stage of the complaint, leeches, and astringent applications, and having recourse to other antiphlogistic means. In the severe cases, where the swelling reaches up to the arm, and the fever is considerable, venesection should be freely practised, aperient medicines given, opium exhibited, cold lotions applied, and leeches repeatedly used. When these plans fail, and the increase of the swelling and pain denotes the impossibility of preventing an abscess, poultices and fomentations are to be employed, until the matter admits of being discharged by a free incision. When the inflammation is somewhat abated, common dressings are to be substituted for poultices.

WHITES, OR FLUOR ALBUS.

This disease is marked by the discharge of a thin, white, or yellow matter, from the uterus and vagina, attended with some degree of fœtor, pain in the back and loins, loss of appetite and emaciation, languor, and depression of spirits. Fluor albus is the effect both of relaxation and inflammatory excitement. Frequent miscarriages, difficult and tedious labours, immoderate flowings of the menses, poor diet, an abuse of tea, and other causes, giving rise to general debility, are those which usually produce this discharge.

Treatment.—When this disease arises from general debility and relaxation, preparations of bark, steel, the mineral acids, and astringent bitters, should be exhibited; a generous and nutritive diet, gentle and regular exercise, cold bathing, or the local application of cold water, by means of a bidet, used every morning, provided the patient be free from cough, or difficulty of breathing, and not subject to giddiness, or a determination of blood to the head, will prove of service. If the discharge continue after the due employment of these means, injections of alum, oak-bark, sulphate or acetate of zinc, together with partial cold bathing, and frequent ablution of the parts, may be resorted to with advantage. But care should be taken to ascertain whether inflammatory irritation exist about the uterus; and, if it be present, to remove it by suitable treatment and regimen before we have recourse to these means.

WORMS.

More than *twenty* of these pestiferous creatures that attack man have been enumerated ; some penetrate into the very seat of thought ; others disturb his bile ; others circulate with the blood in his veins ; others, again, are seated in his kidneys ; others in his muscles ; the guinea-worm in his cellular tissue : the ovaries of females are infested by another ; but the small white worms, the round worm, and the tape-worms, which extend themselves, joint by joint, to an enormous length in the intestines of the human subject, are those which chiefly require medical treatment.

The generation of these animals in the bowels is to be attributed chiefly to unwholesome food and bad digestion : and they appear most frequently in those who are of a relaxed and feeble habit, and whose bowels contain an undue quantity of mucous, or slimy matter. Hence children are particularly subject to this malady. The existence of worms is denoted by a variable capricious appetite, fœtid breath, picking of the nose, pains of the stomach and bowels, grinding of the teeth during sleep, emaciation, and occasionally convulsions.

Treatment.—The method of destroying worms is by dislodging, and killing them, and forcing them away, with the slimy mucus in which they lodge. In order to effect this, very active purgatives of jalap and calomel should be employed ; and afterwards some worm-medicine, as cowage, powdered tin, or preparations of iron, should be used to destroy them.

Ching's lozenges, which are supposed to contain calomel and extract of jalap, are active and useful, but should not be too indiscriminately employed.

For the destruction of the tape-worm, the oil of turpentine has been found the most effectual remedy. It may be given in doses, increasing from twenty drops to a dessert-spoonful, according to the age, strength, and other circumstances of the patient. In order to prevent the subsequent generation of worms, the digestive powers should be strengthened by the exhibition of bitters, chalybeates, and the oxide of bismuth ; and avoiding all acid or unripe fruit, fermented liquors, &c.

DIRECTIONS FOR PREPARING VARIOUS MEDICINAL ARTICLES.

INFUSIONS.

Infusion is a process that consists in pouring water of any degree of temperature on such substances as have a loose texture, as thin bark, wood in shavings or small pieces, leaves, flowers, &c., and suffering it to stand a certain time. The liquor obtained in this manner is called an infusion. The following infusions require water at a boiling temperature:—

Infusion of Chamomile.

Take of Flowers of Chamomile, two drachms ;
Boiling Water, half-a-pint.

Macerate for ten minutes in a lightly covered vessel, and strain.

Infusion of Senna.

Take of Senna Leaves, an ounce and a half ;
Ginger Root, sliced, one drachm ;
Boiling Water, a pint.

Macerate for an hour in a vessel lightly covered, and strain.

Infusion of Calumba.

Take of Calumba Root, two drachms ;
Boiling Water, half-a-pint.

Macerate for two hours, and strain.

Infusion of Linseed.

Take of Linseed, one ounce ;
Liquorice Root, cut, half-an-ounce ;
Boiling Water, two pints.

Macerate for four hours, and strain.

Infusion of Rhubarb.

Take of Rhubarb Root, cut, a drachm ;

Boiling Water, half-a-pint.

Macerate for two hours, and strain.

Infusion of Roses.

Take of Red Rose Leaves, half-an-ounce ;

Boiling Water, two pints and a half ;

Diluted Sulphuric Acid, three drachms ;

Refined Sugar, an ounce and a half.

Pour the water on the roses in a glass vessel ; then drop in the acid, and macerate for half an hour.

DECOCTIONS,

Like infusions, are extemporaneous prescriptions. They can be prepared, however, sooner than infusions, the boiling not requiring to be continued in general for more than ten or fifteen minutes. In making decoctions the liquor ought to be strained while hot.

Decoction of Bark.

Take of Bruised Peruvian Bark, an ounce ;

Water, a pint.

Boil for ten minutes, and strain.

Decoction of Barley.

Take of Pearl Barley, two ounces ;

Water, four pints and a half.

First wash off the impurities adhering to the barley in cold water ; then pouring on half-a-pint of water, boil the barley a little : this water being rejected, pour on the remaining water previously heated ; then boil down to two pints, and strain.

Compound Decoction of Barley.

Take of the Simple Decoction, one pint ;
Figs, sliced, one ounce ;
Liquorice Root, sliced, half-an-ounce ;
Raisins, stoned, one ounce ;
Water, half-a-pint.

Boil down to two pints, and strain.

This drink is greatly improved by the addition of lemon-juice and sugar-candy.

Decoction of Iceland Moss.

Take of Iceland Moss, an ounce ;
Water, two pints.

Boil down to one pint, and strain.

Decoction of Poppy-Heads.

Take of Poppies, bruised, one ounce ;
Water, one pint and a half.

Boil to one pint ; used as an emollient to allay pain.

MUCILAGES AND JELLIES.*Hartshorn Drink.*

Take of Hartshorn Shavings, two ounces ;
Gum Arabic, one ounce ;
Water, three pints.

Boil down to two pints, and strain.

Starch Mucilage.

Take of Starch, three drachms ;
Boiling Water, one pint.

Used as an emollient clyster.

EMULSIONS.

Oil of Almond Emulsion.

Take of Oil of Almonds, one ounce ;
Gum Arabic, in powder, one drachm ;
Simple Syrup, one ounce ;
Distilled, or Orange-flower Water, an ounce
and a half.

Much used for common coughs.

Almond Emulsion.

One ounce of the Confection of Almonds, mixed well together with one pint of water, forms the above emulsion.

Used for coughs, and as a vehicle for refrigerants in fever.

GARGLES.*Gargle for Relaxed Sore-Throat.*

Take of Cayenne Pepper Gargle, five ounces ;
Infusion of Roses, two ounces ;
Syrup of Roses, one ounce.

Mix.

Inflammatory Sore-Throat.

Take of Infusion of Roses, six ounces ;
Tincture of Myrrh, one ounce ;
Honey of Roses, one ounce.

Mix.

Scorbutic Affection of the Gums.

Take of Infusion of Roses, six ounces ;
Borax, one ounce ;
Honey of Roses, one ounce.

Mix.

LOTIONS AND EYE-WASHES.

Lotion for Local Inflammation.

Take of Mindererus's Spirit, four ounces ;
 Rectified Spirit of Wine, three ounces ;
 Camphor Julap, one ounce.

Mix.

Black Wash for Venereal Sores.

Take of Lime Water, eight ounces ;
 Calomel, one drachm.

Mix.

Eye Water.

Take of White Vitriol, ten grains ;
 Rose, or Elder-flower Water, eight ounces.

Mix.

Lotion for Chilblains.

Take of Distilled Vinegar,
 Mindererus's Spirit, of each four ounces ;
 Borax, half-an-ounce.

Mix.

CLYSTERS.

Cathartic, or Purging Clyster.

Take of Epsom Salts, one ounce ;
 Olive Oil, two ounces ;
 Thin Gruel, ten ounces.

Mix.

This clyster is used to relieve the bowels when cathartics do not sufficiently act, or where it is found inconvenient to exhibit them by the mouth.

Anodyne Injection.

Take of Infusion of Linseed, eight ounces ;
 Laudanum, one drachm.

Mix.

Mixture for Destroying Flies.

Take of Infusion of Quassia, one pint;

Brown Sugar, four ounces;

Ground Pepper, two ounces.

To be well mixed together, and put in small shallow dishes where required.

PRESCRIPTIONS.

For this important part of a domestic companion to the medicine-chest, I have been for years carefully selecting the prescriptions of eminent physicians and surgeons, the efficacy of which, in the cure of the diseases for which they are recommended, has been fully ascertained by long experience.

INTERNAL REMEDIES.

Mixtures.

Tonic Mixture.

Infusion of Calumba, five ounces ;
Tincture of Gentian, four drachms and a half ;
Sal Volatile, one drachm and a half ;
Syrup of Orange Peel, two drachms ;
Mix. Two table-spoonsful for a dose.

Tonic Mixture.

Infusion of Gentian, seven ounces ;
Subcarbonate of Potash, one drachm ;
Tincture of Orange Peel, three drachms ;
Spirit of Pimento, three drachms ;
Syrup of Ginger, two drachms ;
Mix. Two table-spoonsful for a dose.

Astringent Mixture.

Chalk Mixture, five ounces and a half ;
Aromatic Confection, five scruples ;
Tincture of Cinnamon, half-an-ounce ;
Laudanum, twenty drops ;
Mix. Two table-spoonfuls for a dose.

Astringent Mixture for Diarrhœa of Infants.

Carbonate of Magnesia, one drachm ;
Toasted Rhubarb, thirty grains ;
Distilled Water, three ounces ;
Sal Volatile, thirty drops ;
Syrup, two drachms.

Dose, two tea-spoonsful two or three times a-day.

Mixture for Gravel.

Liquor of Potash, two drachms ;
Lime Water, six ounces.

Dose, a table-spoonful in beef-tea.

Aperient Mixture.

Epsom Salts, five ounces ;
Carbonate of Magnesia, three drachms ;
Peppermint Water, two pints ;
Spirit of Cinnamon,
Spirit of Aniseed, of each two drachms.

Mix. Dose, two table-spoonsful.

Aperient Mixture.

Infusion of Senna, three ounces and a half ;
Infusion of Gentian, four ounces ;
Purified Epsom, or Rochelle Salts, two ounces ;
Syrup of Ginger,
Compound Spirit of Lavender, of each two drachms.

Mix. Dose, two table-spoonsful.

Aperient Draught.

Infusion of Roses, ten drachms ;
Epsom Salts, two drachms ;
Compound Tincture of Cardamoms,
Syrup of Ginger, of each one drachm.

Mix, and make a draught.

Castor Oil Draught.

Castor Oil, half-an-ounce ;

Mucilage of Gum Arabic, three drachms.

Rub these well together ; then add,

Pimento Water, five drachms ;

Syrup of Orange Peel, one drachm.

Mix.

Narcotic Draught.

Camphor Julap, one ounce and a half ;

Solution of Acetate of Morphine, five drops ;

Hoffman's Ether, half-a-drachm ;

Syrup of Saffron, one drachm.

Mix, and take upon going to bed.

Antispasmodic Draught, for Spasm of the Stomach arising from Flatulence.

Oil of Aniseed, ten drops ;

Calcined Magnesia, one scruple ;

Tincture of Rhubarb, two drachms ;

Peppermint Water, ten drachms.

Mix.

Another.

Camphor Julap, ten drachms ;

Hoffman's Ether,

Compound Spirit of Lavender, of each one drachm ;

Sal Volatile, fifteen drops ;

Laudanum, ten drops.

Mix. To be taken during the spasm, drinking afterwards plenty of warm water.

Emetic Draught.

Ipecacuanha, one scruple ;

Ipecacuanha Wine, two drachms ;

Distilled Water, six drachms.

Mix.

An Emetic Draught, in case of Poison being taken into the Stomach.

Sulphate of Zinc, one scruple ;
Distilled Water, two ounces.

Mix.

Diuretic Draught.

Powdered Nitre, eight grains ;
Tincture of Digitalis, fifteen drops ;
Infusion of Roses, thirteen drachms ;
Syrup of Squills, one drachm.

Mix.

Diuretic Mixture.

Bruised Juniper Berries, six drachms ;
Caraway Seeds,
Aniseeds, of each one drachm and a half ;
Boiling Water, one pint ;

Pour the water upon these ingredients, and let it macerate for three hours, then strain, and take of the

Strained Liquor, twelve ounces ;
Compound Spirit of Juniper, two ounces ;
Nitre, two scruples ;
Syrup of Squills, half-an-ounce. Mix.

Two table-spoonsful may be taken for a dose.

Diaphoretic Mixture.

Spirit of Mindererus, four ounces ;
Antimonial Wine,
Ipecacuanha Wine, of each two drachms ;
Spirit of Nitre, half-an-ounce ;
Syrup of Poppies, one ounce ;
Extract of Hemlock, ten grains ;
Distilled Water, twelve ounces.

Mix. Two table-spoonsful for a dose.

Diaphoretic Draught.

Spirit of Mindererus, six drachms ;
Camphor Julap, nine drachms ;
Antimonial Wine, twelve drops ;
Syrup of Saffron, one drachm.

Mix.

Refrigerant Draught.

Subcarbonate of Potash, one scruple ;
Syrup of Orange Peel, one drachm ;
Spirit of Nutmeg, half-a-drachm ;
Distilled Water, eleven drachms ;

Mix. To be taken in a state of effervescence, with a table-spoonful of lemon-juice in fevers and inflammatory diseases.

Saline Mixture.

Citric Acid,
Carbonate of Potash, of each one drachm ;
Syrup of Orange Peel,
Spirit of Nutmeg, of each one ounce ;
Distilled Water, twelve ounces.

Mix. Two table-spoonsful of this mixture may be taken in fevers and inflammatory sore throats.

Antacid Draught.

Subcarbonate of Magnesia, half-a-drachm ;
Peppermint Water, eleven drachms ;
Spirit of Aniseed, half-a-drachm ;
Oil of Cloves, one drop ;
Syrup of Ginger, one drachm.

Mix.

Expectorant Draught.

Almond Emulsion, ten drachms ;
Ipecacuanha Wine, fifteen drops ;
Tincture of Squills, ten drops ;
Syrup of Tolu, one drachm ;
Paregoric Elixir, twenty drops ;

Mix.

Draught, and Camphor Pill, for an attack of Spasms.

Camphor Julap, one ounce ;

Hoffman's Ether,

Compound Tincture of Camphor, of each one drachm ;

Tincture of Henbane,

Syrup of Poppies, of each half-a-drachm.

Mix.

The Pills.

Camphor, one grain ;

Carbonate of Ammonia, three grains ;

Mucilage of Gum Arabic, sufficient quantity to make one pill.

Astringent Gargle.

Cayenne Pepper, one scruple ;

Boiling Water, six ounces :

Let this stand in a covered vessel for three hours ; then add,

Common Vinegar, three ounces ;

Tincture of Myrrh, three drachms ;

Honey of Roses, four drachms.

Mix. For relaxation of the uvula.

Antiseptic Gargle.

Solution of Chloride of Soda, twelve drachms ;

Distilled Water, six ounces ;

Honey, half-an-ounce.

Mix. For ulcerated sore throats.

Gargle for Scorbutic affections of the gums.

Infusion of Roses, six ounces ;

Powdered Borax, one ounce ;

Honey of Roses, two ounces.

Mix.

Mixture for Diarrhœa in Children.

Magnesia, one drachm ;

Rhubarb Toasted, twenty-five grains ;

Sal Volatile, thirty drops ;

Dillseed Water, three ounces.

Mix. Two tea-spoonsful may be taken occasionally.

Antacid Pills.

Carbonate of Ammonia, five grains ;
Extract of Rhubarb, three grains ;
Mix, and divide into two pills.

Common Aperient Pills.

Calomel, two grains ;
Compound Extract of Colocynth, five grains ;
Extract of Rhubarb, three grains ;
Oil of Cloves, one drop.
Mix, and divide into two pills.

Morison's Pills, No. I.

Aloes in Powder, one grain ;
Compound Extract of Colocynth, one grain ;
Gamboge in Powder, half-a-grain ;
Cream of Tartar, three quarters of a grain.
Ginger in Powder, half-a-grain.
Mix, and make one pill.

Morison's Pills, No. II.

Aloes in Powder, one grain ;
Compound Extract of Colocynth, one grain ;
Gamboge in Powder, one grain and a half ;
Cream of Tartar, half-a-grain ;
Ginger in Powder, half-a-grain ;
Mix, and make one pill.

Aperient Pills for Dyspeptic Persons.

Compound Extract of Colocynth, fifteen grains ;
Extract of Rhubarb, fifteen grains ;
Blue Pill, half-a-scruple ;
Ipecacuanha in Powder, two grains ;
Castile Soap, three grains ;
Oil of Cloves, three drops ;
Mix, and divide into ten pills ; one or two may be taken
at bedtime.

Gargle for an inflamed throat.

Purified Nitre, two drachms ;
Barley Water, seven ounces ;
Honey of Roses, seven drachms.

Mix.

Tonic, Stomachic, and Aperient Pills.

Extract of Gentian, fifteen grains ;
Compound Rhubarb Pill, fifteen grains ;
Compound extract of Colocynth, half-a-drachm ;

Mix, and divide the mass into twelve pills, of which two may be taken on going to bed.

Tonic Pills.

Extract of Chamomile, one drachm ;
Sulphate of Quinine, one scruple.

Mix, and divide into twenty pills.

These pills may be taken twice a-day for weakness of the stomach, agues, general debility, and all complaints requiring tonics.

Stomachic Pill.

Rhubarb in Powder, half-a-drachm ;
Ipecacuanha in Powder, three grains ;
Cayenne Pepper, half-a-scruple ;
Oil of Cloves, three drops ;
Syrup sufficient to form into a mass.

Divide the mass into twelve pills. One or two of these pills may be taken when persons are subject to flatulency, arising from indigestion.

Collyrium for Inflamed Eyes.

Mindererus's Spirit,
Rose Water, of each one ounce.

Mix. To be used three or four times a-day.

Toothach, and Anti-Rheumatic Embrocation.

Sal Volatile, three drachms ;
Laudanum, one drachm ;

Mix, and apply to the part affected.

Ammoniacal Syrup for Croup.

Carbonate of Ammonia, one drachm ;

Syrup of Squills, eight ounces.

Mix. One table-spoonful may be taken every three hours.

Astringent Gargle for Relaxed Sore Throat.

Alum in Powder, one drachm ;

Decoction of Bark, twelve drachms ;

Honey of Roses, one ounce and a half.

Mix.

Compound Pills of Iron.

Sulphate of Iron,

Subcarbonate of Iron,

Sugar in Powder, of each half-a-drachm ;

Powdered Myrrh, one drachm.

Mix, and divide into thirty-six pills. One may be taken twice a-day as an emmenagogue.

Ferruginous Mineral Water.

Sulphate of Iron, half-a-drachm ;

Distilled Water, one pint ;

Orange-flower Water, twelve ounces and a half ;

Syrup of Orange Peel, three ounces and a half.

Mix. A wine-glassful of this mixture may be taken with advantage in green sickness, fluor albus, and dyspepsia.

For a sudden Hoarseness.

Mix one tea-spoonful of Sweet Spirits of Nitre in a wine-glassful of Water. This may be taken two or three times a day.

Remedy for a Sprain.

Camphorated Spirits ;

Distilled Vinegar ;

Spirit of Turpentine, of each equal parts.

Mix. To be rubbed on the part affected.

Liniment used in Chaps of the Nipples.

Lime Water,

Oil of Almonds, of each three drachms ;

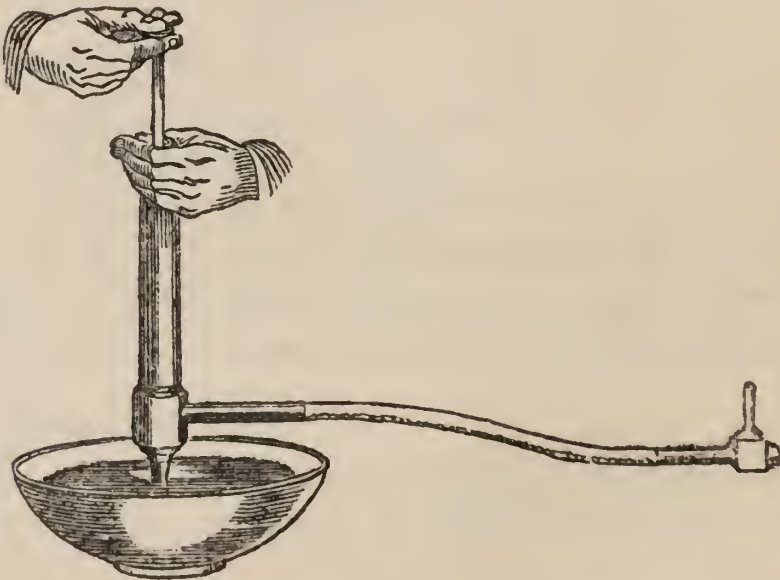
Purified Opium, one grain.

Mix. The breasts should be covered with lint dipped in this liniment, over which should be placed artificial nipples, in which holes should be pierced to give issue to the oil.

USEFUL APPARATUSES EMPLOYED IN MEDICINE.

LAVEMENT MACHINE.

Of all the instruments that have been recommended for administering the important remedy termed clyster, or lavement, that invented by Mr. Read appears to be the best, particularly for invalids to employ without assistance. The following diagram represents the apparatus as applicable to self-injection.



DIRECTIONS FOR ADMINISTERING ENEMAS.

Screw on the flexible pipe near the bottom of the syringe ; next fix the white metal pipe to the perpendicular screw of the brass socket at the opposite end of the tube : the pipe being oiled and introduced gently into the bowel, the patient sits down upon it. Upon a chair opposite, the basin must be

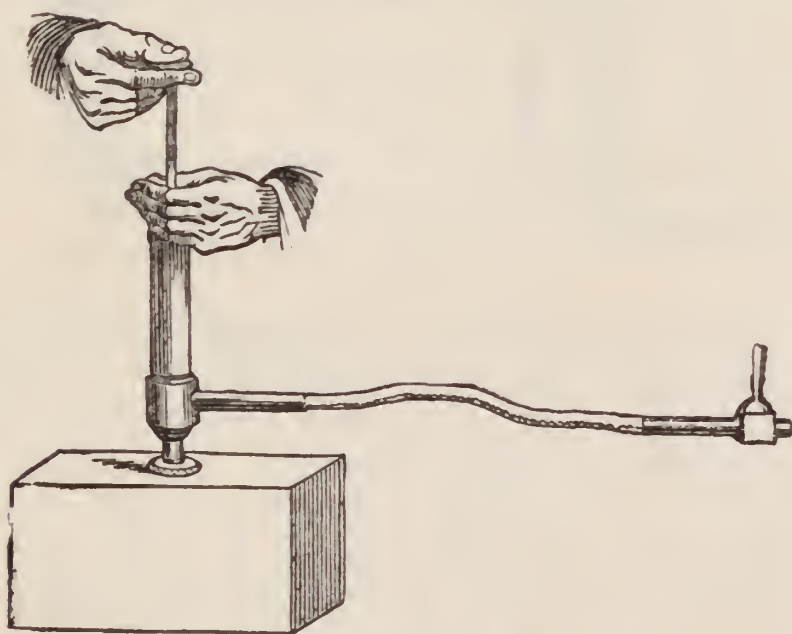
placed containing the liquid, into which the lower end of the syringe is to be immersed, and the lavement thrown up by slowly working the handle.

N.B. See that the white metal cap is screwed closely to the end of the tube.

For self-injection the patient may sit upon a night-chair, and place the vessel containing the enema before him ; and in this manner, without any assistance, the instrument may be used with the greatest ease and facility.

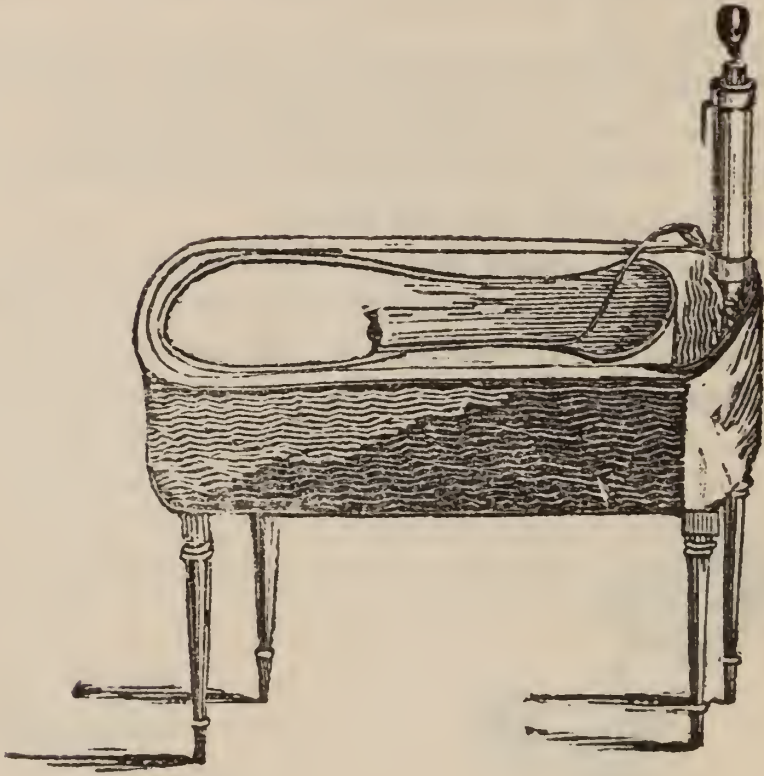
For those who prefer such a convenience, a reservoir is made to contain the liquid, which is screwed to the syringe, and may be carried in the hand or the pocket to the water-closet, as here represented.

RESERVOIR.



Unscrew the brass cap at the top of the reservoir, and pour the liquid into it ; replace the cap and screw the bottom of the syringe upon it ; then put together the rest of the apparatus as already described. Thus prepared, it may be very conveniently taken to the water-closet (a place preferred by most persons for the operation) ; or the reservoir, after being charged, may be carried in the pocket, and affixed to the syringe at the place of using it.

FEMALE INJECTING AND BATHING BIDET.



At the front of the bidet is a metallic chamber (to hold about three pints), with a pipe ascending from its interior, upon which the syringe is screwed after having the tube and pipe attached as before described. The patient, after introducing the pipe into the rectum, sits down upon the seat of the bidet, and having poured the liquid into the anterior chamber, throws it gradually into the bowels. The instrument being fixed, requires but one hand to use it, leaving the other to direct and fix the pipe in the bowel. Dr. Granville's female pipe may be had also, with the apparatus.

THE STOMACH PUMP.

With the addition of the œsophagus tube and a mouth-guard, the syringe and flexible tube before described, obtain the name of "Stomach Pump," the syringe being applicable both to the administration of lavements, and to withdrawing the contents of the stomach.

When the vitality of the stomach becomes so far reduced (as in the cases of poisoning by opium) by the narcotic drug, that the organ is insusceptible to the stimuli of emetic medicines ; or is so torpid and enfeebled that it is incapable of assuming the action necessary to vomiting ; then it is incumbent on the surgeon or medical attendant to resort to mechanical means for dislodging the poison from the stomach, which may be effected by the stomach pump, which has proved successful, in all cases when applied in time, to save life, injecting warm water of a high degree of temperature which would pervade every recess of the stomach, and would permeate its solid contents, rendering them fit for extraction, and also diluting the poison and destroying its deleterious effect on the constitution.

As it is considered under such distressing and desperate circumstances of the reduced state of the excitability under which the stomach is suffering from the effects of opium, when emetics will not act, that this organ may, by such mechanical means as the stomach pump, be rendered not only susceptible to such classes of medicines, but completely restored from a torpid to a healthy state.

THE OPERATION OF EXTRACTING POISONS FROM THE STOMACH.

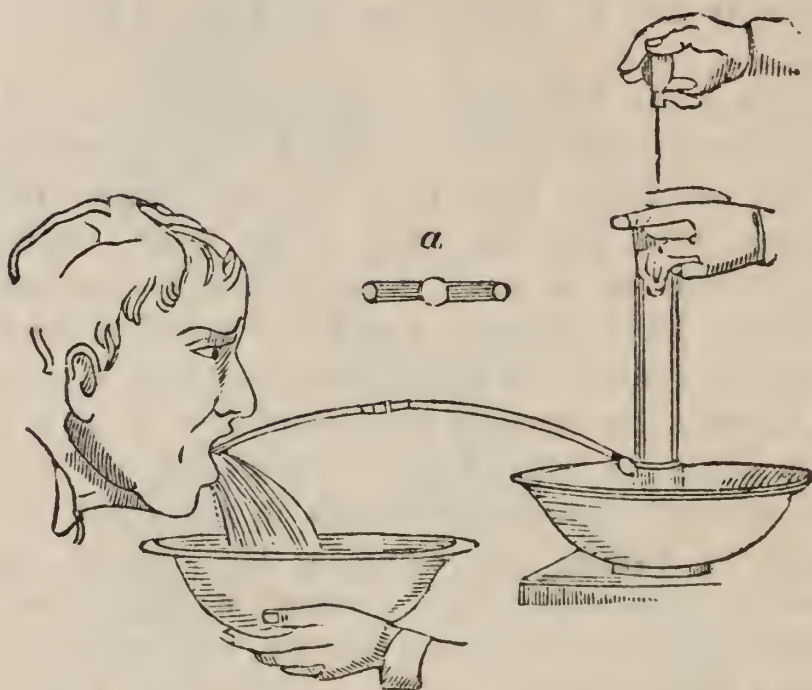


Injecting the Stomach. — The œsophagus tube (coiled in the lid of the case) having been passed into the stomach, the caoutchouc tube (lying in the bottom of the box) is to be screwed to the side branch of the syringe, and the œsophagus tube (projecting several inches from the patient's

mouth) inserted into the further extremity of the caoutchouc tube, the angular screw near the end of the socket, being covered by the little white metal cap. The fluid to be injected having been put into a basin, the end of the syringe is to be immersed in it, and the piston being put into action, any quantity may be thrown into the stomach that may be desired.

Emptying the Stomach. — A sufficient quantity of fluid having been injected into the stomach by the preceding process, the caoutchouc tube is to be withdrawn from the œsophagus tube, and the joint of the latter, without removing it from the stomach, inserted into the extremity of the syringe; let an assistant now hold a vessel to the end of the caoutchouc tube, and by working the piston, the contents of the stomach may speedily be pumped into it, as is shewn in fig. 2 of the drawing. By thus transferring the extremity of the syringe, from one situation to the other, the two processes of washing and emptying the stomach, may be repeated as often as is judged necessary by the operator. In withdrawing the contents of the stomach, the instrument may be held a little obliquely, which preserves the valves upon their proper bearings, and the lateral branch of the syringe should be turned upwards, towards the patient's face.

READ'S NEW METHOD FOR REMOVING POISON FROM THE
STOMACH.



a.—Guard to be introduced between the teeth for protecting the œsophagus tube from injury.

This is by far the quickest, easiest, and most simple mode of operating that has hitherto been devised, requiring no shifting of the apparatus, or interruptions of the operation. It consists simply in filling the stomach (according to the method of fig. 1, in the preceding plate) until surcharged, or until it begins to react upon its contents, when the fluid regurgitates by the mouth. The pumping being now continued, the contents of the stomach are washed up, and forced, by the power of the pump, through the œsophagus (by *the side of the tube*), into a vessel held under the chin to receive it. The operation may be continued as long as the surgeon thinks proper, or until the fluid returns unchanged, which indicates the thorough cleansed state of the stomach. The operator may occasionally suspend the action for an instant, if necessary, to allow the patient to inspire.

By this means the fluid may be injected in the quantity of three quarts a minute.

As an apparatus for conveying nourishment into the stomach of persons afflicted with stricture of the œsophagus, the patent syringe is found to possess obvious advantages; and for throwing stimulating liquids into the stomach of persons under suspended animation from drowning.

General Directions.—If the piston slides too easily, wind a thread of cotton or tow round it; if it be too tight, smear it with a little sweet oil or pomatum. After using the syringe, pump a little warm water through it, which sufficiently cleans it. In screwing on the tubes, take hold of the brass sockets.

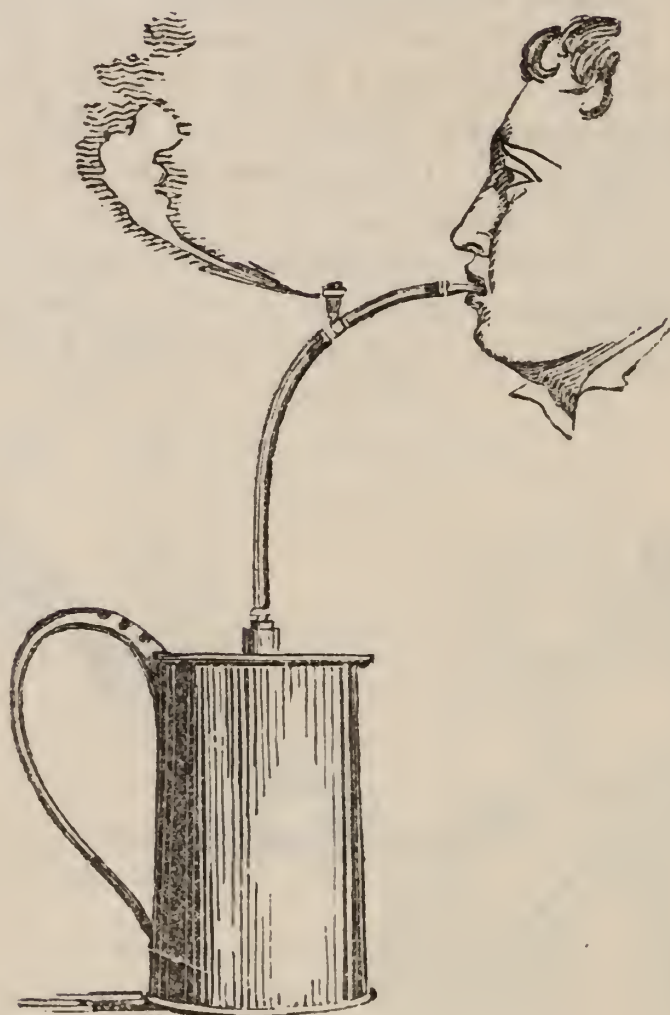
DRAWING THE BREASTS.



Where the breast is hard, swollen, and painful, from inflammation, or the nipple sore from excoriation, the application of this instrument is attended with more ease to the patient than any other means, and she may, without difficulty, use it herself, by which she can regulate its action agreeably to her own sensations. The flat surface of the glass should be smeared with oil before it is put on, and the bulb must be preserved *at the summit* of the glass. During the operation, the small aperture in the brass socket must be closely covered with the finger, which, being removed, admits air into the

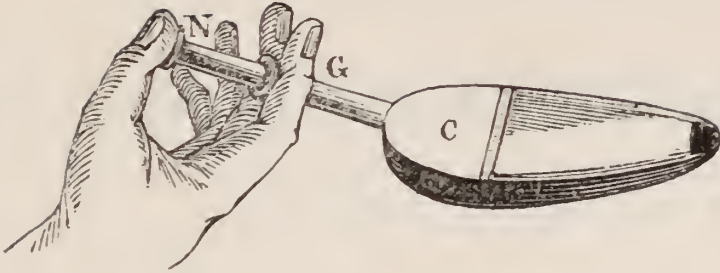
glass, and causes it to be detached from the breast whenever it may be desired.

STEAM INHALER.



The machines usually sold for this purpose are so constructed, that in using them, the air from the lungs is breathed *back into the vessel*; and, notwithstanding an outlet is provided for it, its escape is necessarily so imperfect that the stream is constantly impregnated with impure air, and the patient continues to respire the same breath over and over again. The serious objection to this, led to the application of Read's Patent Spherical Valves to the apparatus, by which the breath is prevented from returning into the vessel, and discharged readily at the side of the tube, preserving an uninterrupted current of pure vapour to the lungs.

MEDICAL SPOON.



For administering medicine to children and adults, without their tasting, or being able to resist its passing into the stomach; and for giving medicine and food in a recumbent position.

This spoon is made to contain the quantity required, which is put in at the cover C, and then shut down tight; the tube G is then placed between the fingers, and the thumb pressed on the end of the tube N. When in the mouth, the thumb is removed.

WARM AIR, FUMIGATING, AND VAPOUR BATHS.

Under the directions of Dr. Culverwell, of New Bond Street, the warm air-bath, the sulphurous fumigating, and the simple and medicated vapour-baths, have proved very beneficial in a great variety of cutaneous diseases, and rheumatic affections.

CLASSIFICATION OF REMEDIES.

ALTERATIVES. Hemlock, mezereon, guaiacum, sarsaparilla, sassafras, tar, sulphur, mercurial and antimonial preparations.

ANTISPASMODICS. Ether, ammonia, assafœtida, camphor, castor, galbanum, musk, valerian, opium, cajiput oil.

ANODYNES. Ether, camphor, hemlock, henbane, opium, lettuce.

ANTACIDS. Magnesia, chalk, &c.

ASTRINGENTS. Sulphuric acid, alum, catechu, galls, iron, kino, logwood, roses, tormentilla.

ANTHELMINTICS. Aloes, assafœtida, camphor, calomel, castor-oil, cowage, chamomile, iron-filings, jalap, garlic, gamboge, male fern root, common salt, savine, oil of almonds, scammony, tin-filings, wormseed. These anthelmintics are usually given on an empty stomach, blended in treacle, &c.

AROMATICS. Cascarilla, cinnamon, cloves, cubebs, ginger, nutmeg, mace, pimento.

CARMINATIVES. Aniseed, caraway-seeds, cardamoms, cloves, coriander-seeds, cumin-seeds, dill-seeds, ginger, lemon-peel, orange-peel, peppermint, spearmint.

CATHARTICS. Aloes, colocynth, rhubarb, jalap, castor-oil, senna, elaterium, gamboge, scammony, calomel, Epsom salts, &c.

DIAPHORETICS. Tartar emetic, camphor, Dover's powder, guaiacum, nitre, spirit of nitre.

DEMULCENTS. Almonds, coltsfoot, gum Arabic, hartshorn shavings, isinglass, linseed-oil, sago, spermaceti.

- DETERGENTS.** Honey, honey of roses, tincture of myrrh, verdigrise, turpentine.
- DILUENTS.** Gruel, tea, beef-tea, chicken-broth, whey, water, toast-water.
- DIURETICS.** Cantharides (Spanish flies), colchicum, digitalis, juniper-berries, cream of tartar, salt of wormwood, carbonate of potash, nitre, squill, spirit of nitre.
- EMMENAGOGUES.** Ammonia, aloes, Spanish flies, galbanum, iron, myrrh, savine.
- EXPECTORANTS.** Ammoniacum, oxymel of squills, foxglove (digitalis), mallows, coltsfoot.
- FEBRIFUGE.** James's powder, Dover's powder, nitre, spirit of nitre, &c,
- LAXATIVES.** Magnesia, cream of tartar, castor-oil, tamarinds, manna, honey.
- NARCOTICS.** Opium, poppies, morphine, belladonna, stramonium, tobacco, henbane, lettuce, digitalis, hemlock, prussic acid.
- RUBEFACIENTS.** Camphor liniment, garlic, mustard, mezereon, Burgundy pitch, Spanish flies.
- SEDATIVES.** *See Anodynes.*
- STOMACHICS.** Gentian, chamomile, orange-peel, calumba, quassia, angustura bark, Peruvian bark, rhubarb, &c.
- STYPTICS.** Alum, sugar of lead, Fryar's balsam, sulphates of copper and zinc.
- TONICS.** The preparations of iron, Peruvian bark, quinine, quassia, angustura bark, calumba, gentian, mineral acids, sarsaparilla, &c.

A GLOSSARY,

EXPLAINING

THE PRINCIPAL TERMS USED IN THE BODY
OF THE WORK.

- ALTERATIVE.** Medicines which gradually re-establish health without producing any sensible evacuation.
- ANTIPHLOGISTIC.** Medicines or diet which remove or oppose inflammation.
- ANTISEPTIC.** Medicines which have the power of preventing animal substances from passing into a state of putrefaction, or of arresting this change when already begun.
- ANTISYPHILITIC.** Medicines calculated to remove syphilis.
- ANTISPASMODIC.** Medicines which prevent or allay spasms, vulgarly called cramp.
- APERIENT.** Medicines which gently open the bowels.
- ANODYNE.** That which eases pain, and procures sleep.
- ANTACID.** Medicines which obviate acidity in the stomach, by combining with the acid met with there, and neutralising it.
- ABSORBENT.** Medicines given to counteract or correct acidity in the stomach and intestinal canal, are termed absorbents.
- ANTIDOTE.** Medicines which are capable of averting the ill effects of a poison, or of counteracting its fatal virulence.
- ANTISCORBUTIC.** Remedies against scurvy.
- ASTRINGENT.** Such remedies as contract the fibre of the body, diminish excessive discharges, &c.
- ANTHELMINTIC.** Medicines which have the power of destroying and expelling worms.

- AROMATICS.** Medicines which have a grateful spicy scent, and an agreeable pungent taste.
- CARMINATIVE.** Medicines which relieve flatulence, and allay pain in the stomach and bowels.
- CATHARTIC.** Strong purgative medicines.
- CORDIALS.** Medicines of warm and exhilarating properties.
- DIAPHORETIC.** Medicines which promote perspiration.
- DEMULCENTS.** Medicines of a softening character, which correct acrimony, and diminish irritation.
- DETERGENT.** Medicines which cleanse and remove such viscid humours as adhere and obstruct the vessels.
- DISCUTIENT.** A term in surgery applied to those substances which have a power of repelling, or resolving tumours.
- DIGESTIVE.** A surgical term applied to those substances, which, when applied to an ulcer or wound, promote supuration.
- DILUENTS.** Watery liquors, which increase the fluidity of the blood, and render several of the secreted and excreted fluids less viscid.
- DIURETIC.** Medicines which act upon the kidneys and bladder, and increase the flow of urine.
- DRASTIC.** Purgatives of a strong and violent character.
- EMOLLIENTS.** Those substances which have the power of softening or relaxing the animal fibre.
- EMMENAGOGUE.** Medicines possessing a power of promoting that monthly discharge, which, from a law of the animal economy, should take place in certain conditions of the female system.
- EXPECTORANTS.** Medicines which increase the discharge from the lungs, throat, and chest.
- FEBRIFUGE.** Medicines which remove fevers.
- LAXATIVES.** Medicines which render the bowels rather more relaxed than natural.
- NARCOTICS.** Medicines which ease pain, and procure sleep.
- RUBEFACIENT.** Applications which redden the skin, and thereby cause a determination to the part.
- SEDATIVES.** *See Anodynes.*

STOMACHIC. Medicines which support and renovate the tone of the stomach, and render its action healthy.

STYPTIC. A term given to those substances which, when applied locally, have the power of checking hæmorrhage, or the loss of blood.

SUDORIFIC. *See Diaphoretic.*

TONIC. Medicines which give general strength to the constitution, and which restore the natural energy.

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